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ABSTRACT

The official rules and regulations for competition and officiating established by the National Association for Girls and Women in Sport governing track and field are outlined. (JD)

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National Association for Girls & Women in Sport

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Track and Field

SEPTEMBER 1978 – SEPTEMBER 1979

Official Rules, Including
Pentathlon and Cross-Country

Regulations for Competition

Officiating

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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NAGWS guide

Track and Field

SEPTEMBER 1978 – SEPTEMBER 1979

Guide Coordinator, GERI POLVINO
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Rules
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California Polytechnic State University,
San Luis Obispo

NATIONAL ASSOCIATION FOR GIRLS
& WOMEN IN SPORT

American Alliance for Health,
Physical Education, and Recreation

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FOREWORD

L. Leotus Morrison
NAGWS President

Greetings on behalf of the NAGWS Board of Directors. We are appreciative of the work our teachers, coaches, officials and administrators do for Girls and Women in Sport at all levels of competition. Our publications are designed to meet your needs. If you have suggestions for changes or additions we would be receptive to them. I urge you to take advantage of our coaches conferences and events sponsored by structures of NAGWS.

Best wishes in your work and our joint efforts in — "Building Tomorrow Today . . . committed to quality and equality."

NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a nonprofit, educational organization designed to serve the needs of participants, teachers, coaches, leaders and administrators in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

Purpose

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

Beliefs

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

Functions

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by—

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Executive Director, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201 16th Street, N.W., Washington, D.C. 20036.

NATIONAL COACHES COUNCIL

The National Coaches Council was formed by the NAGWS to:

(1) provide a channel of direct communication among coaches at all educational levels
(2) assist in the formulation and dissemination of guiding principles, standards and policies for conducting competitive sports programs for girls and women
(3) keep members informed of current coaching techniques and trends
(4) sponsor clinics and conferences in sports and coaching skills
(5) provide input from coaches to USCSC sports committees and representative assembly
(6) promote cooperative efforts with other sports-centered organizations
(7) provide a united body for positive political action in the realm of girls and women's athletics.

Academies for 10 sports have been established. (Note the application blank for specific listings.) Membership in each Academy is open to any coach of girls or women's sports or any interested person. Annual dues for AAHPER members are $5.00 for one Academy. Non-AAHPER members pay $15.00 annually for membership in one sport Academy. Membership for each additional Academy is $2.00. The $10.00 non-membership fee may be applied at any time toward AAHPER membership.

Get involved . . . JOIN NOW.

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APPLICATION

Sports Academies of the NATIONAL COACHES COUNCIL

National Association for Girls and Women in Sport: AAHPER
1201 16th St., N.W., Washington, D.C. 20036

NAME _____
last first initial

ADDRESS _____
street

_____
city state zip

FOR OFFICE USE:
DT: _____ AMT: _____
CK: _____

AAHPER MEMBERS: Membership number as it appears on your journal label: _____
Teaching/Coaching level (please check): _____ College _____ Jr. College _____ High School
Jr. High _____ Elementary _____ Other _____
Please check the academies you wish to join:* ☐ Badminton ☐ Basketball ☐ Field Hockey
☐ Gymnastics ☐ Softball ☐ Swimming/Diving ☐ Synchronized Swimming ☐ Tennis
☐ Track & Field ☐ Volleyball
I am willing to serve on an Academy committee: ☐

*AAHPER members: $5.00 for one Academy and $2.00 for each additional Academy. Non-AAHPER members: $15.00 for one Academy and $2.00 each additional Academy. ($10.00 non-membership fee may be applied at any time toward AAHPER membership.)

Please send AAHPER membership information: _____ yes _____ no

NAGWS SPORTS GUIDES COMMITTEES INTEREST INDICATOR

The NAGWS Sport Guide Committee is endeavoring to broaden its base of personnel and to strengthen services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the Associate Guide Coordinator-elect, Sharon Van Oteghen, DHPER, Memphis State University, Memphis, TN 38152.

Name _____

Professional Address _____

City _____ State _____ ZIP Code _____

1. Check the Sport Committee(s) which would be of interest to you:

___ Aquatics	___ Fencing	___ Soccer
___ Archery	___ Field Hockey	___ Softball
___ Badminton	___ Flag Football	___ Speedball
___ Basketball	___ Golf	___ Squash
___ Bowling	___ Gymnastics	___ Synchronized Swimming
___ Competitive Swimming	___ Lacrosse	___ Team Handball
___ Cross-country Track	___ Orienteering	___ Tennis
___ Cross-country Skiing	___ Racquetball	___ Track and Field
___ Diving	___ Skiing	___ Volleyball
		___ Water Polo

2. Would you like to serve as member of a Sports Guide Committee of your interest? ___Yes ___No
3. Would you consider submitting an article to a Guide Committee as a prospective author? ___Yes ___No
   Possible topic or title _____
4. Can you suggest topics for articles which you would like to have included in future *Guides?* (Please indicate sport.) _____
5. Are there others whom you would recommend for consideration as possible committee members or authors? Please indicate below. (Use additional paper, if necessary.)

   Name _____ Sport(s) _____

   Professional Address _____

   City _____ State _____ Zip Code _____

   Sports Committee Member ☐ Prospective Author ☐ (Check one)

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SANDY NEELEY, *Rules Interpreter,* 1030 Rafael North, Salem, OR 97302 (1977-1981)
BERT LYLE, *AIAW Track and Field Representative,* Texas Woman's University, Box 23717, Denton, TX 76204 (1977-1979)
LINDA WOOSTER, *High School Representative,* Amity Regional High School, Woodbridge, CT 06525 (1978-1980)
AIAW Cross Country Representative, to be appointed
KIT BOESCH, *ABO Chairperson for Techniques of Officiating Track and Field, Ohio State University,* Columbus, OH 43210 (1977-1979)
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ABO Chairperson for Techniques of Officiating Track and Field, to be appointed (1979-1981)
ABO Chairperson for Examinations and Ratings in Track and Field, to be appointed (1979-1981)

*The 1977-1978 Committee prepared the rules published in this *Guide.* The 1978-1979 Committee will prepare the rules for the 1979-1980 *Guide.*

Evelyn Pellator

Bert Lyle

Margaret Simmons

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NAGWS
OFFICIAL TRACK AND FIELD RULES
1978-79

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OFFICIAL TRACK AND FIELD RULES FOR GIRLS AND WOMEN

NOTE: Rules which have been reworded or clarified are designated by a check (√). Changes and/or additions in rules have been indicated by shading.

RULE 1. EVENTS

SECTION 1. Outdoor Track Events

Track events at all official outdoor track meets for girls and women may include any of the following:

Ages 9-10-11

RUNNING

English	*Metric*
50 yard dash	50 meter dash
75 yard dash	70 meter dash
100 yard dash	100 meter dash
220 yard dash	200 meter dash
440 yard dash	400 meter dash
880 yard run	800 meter run
Race Walking	Race Walking

RELAYS

220 yard (4 x 55)	200 meter (4 x 50)
220 yd shuttle (4 x 55)	200 m shuttle (4 x 50)
440 yard (4 x 110)	400 meter (4 x 100)

HURDLES

50 yard (2'6")	50 meter (2'6")

Ages 12-13-14

RUNNING

English	*Metric*
50 (60) yard dash	50 meter dash
100 yard dash	100 meter dash
220 yard dash	200 meter dash
440 yard dash	400 meter dash

880 yard run	800 meter run
Mile run	1500 meter run
Pentathlon	Pentathlon
Race Walking	Race Walking

RELAYS

220 yard (4 x 55)	200 meter (4 x 50)
440 yard (4 x 110)	400 meter (4 x 100)
880 yard (4 x 220)	800 meter (4 x 200)
880 yard Medley	800 meter Medley
(220-110-110-440) **or**	(200-100-100-400) **or**
(110-110-220-440)	**(100-100-200-400)**

HURDLES

50 yard (2'6")	50 meter (2'6")
80 yard (2'6")	80 meter (2'6")
110 yard (2'6")	100 meter (2'6")

Ages 15 and over

RUNNING

English	*Metric*
50 (60) yd. dash	50 (60 m. dash
100 yard dash	100 meter dash
220 yard dash	200 meter dash
440 yard dash	400 meter dash
880 yard run	800 meter run
Mile run	1500 meter run
Two Mile run	3000 meter run
Pentathlon	Pentathlon
Race Walking	Race Walking

RELAYS

440 yd (4 x 110)	400 meter (4 x 100)
880 yd (4 x 220)	800 meter (4 x 200)
880 yard Medley	800 meter Medley
(220-110-110-440) **or**	(200-100-100-400) **or**
(110-110-220-440)	**(100-100-200-400)**
Mile (4 x 440)	1600 m (4 x 400)

HURDLES

50 yard (2'6")	50 meter (2'6")
80 yard (2'6")	80 meter (2'6")
110 yard (2'6" or 2'9")	100 meter (2'9")
220 yard (2'6")	200 meter (2'6")
330 yard (2'6")	300 meter (2'6")
	400 meter (2'6")

College and Open

RUNNING

English	*Metric*
100 yard dash	100 meter dash
220 yard dash	200 meter dash
440 yard dash	400 meter dash
880 yard run	800 meter run
Mile run	1500 meter run
Two mile run	3000 meter run
Three mile run	5000 meter run
Six mile run	10,000 meter run
Pentathlon	Pentathlon
Race Walking	Race Walking

RELAYS

440 yard (4 x 110)	400 meter (4 x 100)
880 yard (4 x 220)	800 meter (4 x 200)
880 yard Medley	800 meter Medley
(220-110-110-440) or	(200-100-100-400) or
(110-110-220-440)	(100-100-200-400)
Mile (4 x 440)	1600 meter (4 x 400)
Two mile (4 x 880)	3200 meter (4 x 800)

HURDLES

	100 meter (2'9")
	400 meter (2'6")

SECTION 2. Outdoor Field Events

Field events at all official outdoor track and field meets for girls and women may include any of the following:

Rule 1. Events

Ages 9-10-11	Ages 12-13-14	Ages 15 & Over
Shot Put (6 lbs.)	Shot Put (8 lbs.)	Shot Put (8 lbs.)
Basketball Throw	Basketball Throw	Softball Throw
Softball Throw	Softball Throw	Discus
Standing Long Jump	Standing Long Jump	Javelin
Running Long Jump	Running Long Jump	Standing Long Jump
High Jump	High Jump	Running Long Jump
	Discus	High Jump
	Javelin	

College & Open

Shot Put (4 kilo – 8 lbs., 13 oz.)
Discus
Javelin
Long Jump
High Jump

****

Note: A competitor may participate in age categories above that of the competitor but may not participate in those age categories below the age of the competitor.

Note: Cross Country and Pentathlon events are discussed in their own separate sections.

Note: All the events listed in any age group do not have to be included in any one meet.

SECTION 3. Indoor Track Events

Track events at all official indoor meets for girls and women may include any of the following:

50 (60) yard dash	50 (60) meter dash
50 (60) yard hurdles	50 (60 meter hurdles
70 yard hurdles	**70 meter hurdles**
220 yard dash	200 meter dash
300 yard dash	300 meter dash
440 yard dash	400 meter dash
600 yard dash	600 meter dash
880 yard run	800 meter run

* 1000 yard run	* 1000 meter run
* Mile run	* 1500 meter run
** Two mile run	** 3000 meter run
4 lap relay (4 x 1 lap)	
** Mile relay (4 x 440)	** 1600 meter relay (4 x 400)
** Two mile relay (4 x 880)	** 3200 meter relay (4 x 800)

SECTION 4. Indoor Field Events

High Jump
Long Jump
Shot Put

Pentathlon (60 meter hurdles, shot put, high jump, long jump, 800 meter run)

RULE 2. SCORING

SECTION 1. Individual Events and Relays

1. The total points accumulated by any team shall be reflected by the following:

No. of Places To Be Counted	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place
1	5					
2	5	3				
3	5	3	1			
4	5	3	2	1		
5	6	4	3	2	1	
6	10	8	6	4	2	1

2. In dual meets where you score 3 places you will use 5–3–1.
3. In triangular meets where you score 4 places you will use 5–3–2–1.
4. In quadrangular meets where you score 5 places you will use 6–4–3–2–1.
5. If the best performance of a competitor in a field event determined by distance is identical to another competitor's, the next best effort shall break the tie.
6. If there is a tie between two or more competitors for any place which receives a score in either a track or field event, the sum of the points of the places involved shall be divided equally between the tying competitors.

* all ages except 9 thru 11
** all ages except 9 thru 14

7. Points given for the various places are awarded to the competitor's team and totaled cumulatively during the meet.
8. The Pentathlon should be scored as an event provided it is held in conjunction with the regularly scheduled meet.
9. In relays where you have two teams the score shall be 5–0; all other meets will use the scoring table above.

SECTION 2. Total Team Score*

1. The final score for a team at the conclusion of a meet will be the sum of all points awarded in accordance with the above section. The team receiving the highest number of points shall be declared the winner of the meet.
2. When two or more teams have the same number of points, the team scoring the most first places shall be declared the winner. If the tie still exists, the team scoring the most second places shall be the winner. This procedure will be continued for the ensuing places until the tie is broken, if possible.

RULE 3. PROTESTS

1. Protests relating to matters which develop during the carrying through of the program shall be made at once and not later than 30 minutes after the result has been officially announced, or within 15 minutes in a preliminary round.
2. Any such protests must be made in writing by a responsible team representative and submitted to the meet referee.
3. A decision will be given by the Games Committee. In the absence of a games committee, the meet referee or the meet director will have the responsibility for the final decision.

RULE 4. COMPETITION

SECTION 1. General Rules

a. The order of events shall not be changed nor the time between events.
b. A competitor may participate in an unlimited number of events. However, in competition at levels other than intercollegiate, **the state or local governing body** may limit the

*See the Cross Country and Pentathlon Sections for their individual procedures.

number of events in which a competitor may compete. If a competitor participates in the Pentathlon, the competitor may *not* compete in any other event(s).

c. After a deadline for confirmation has been set, or a scratch meeting held, a competitor must compete in the events entered or be scratched from the entire competition. If the competitor is injured during the meet, a medical verification allows the completed events to be counted. If there is no valid medical reason for scratching, results of the previous events will be invalidated.

d. Any competitor who refuses to obey the directions of the referee or any other officials, or who acts in an unsportsmanlike manner can be disqualified from any event by the referee(s) or Games Committee. (Unsportsmanlike conduct is conduct which is unfair, unethical, or dishonorable. It includes action and/or language which is a discredit to the individual or the individual's school. It also includes disrespectfully addressing an official, using profanity or throwing a baton following a relay.)

e. Competitors may compete in bare feet, with one shoe unless prohibited by local or state law, or with both shoes. The purpose of the shoe is to provide the competitor protection and stability. The shoe must not be constructed to give additional assistance. The shoes of the competitors in events other than the jumping events must not have soles which exceed 13 millimeters (½") or a heel which exceeds the sole by more than 13 millimeters (½"). The heels of the jumping shoes are not to exceed 25 millimeters (1") in total thickness including any heel inserts or pads which may be used. There will be no more than six spikes in the sole with the exception of jumping and javelin shoes which may have two additional spikes in the heel. The spike length is to conform to the type of track surface as specified by the meet director.

f. Clothing of team members shall be as uniform as possible and non-transparent even when wet.

g. All equipment and implements used in the competition must be weighed, measured and approved by meet officials.

h. Numbers must be worn as designated by the Games Committee. Jumpers and pentathletes may wear their number on either the front or back of their blouses. All other competitors must have their numbers securely fastened to the back of their blouses. Competitors should be checked for numbers prior to their competition by the clerk of the course or field

event judges. Competitors not wearing their number during competition shall be disqualified. Competitors losing their number during the competition will receive consideration by the Games Committee. Additional numbers may be worn on the sides of the shorts to identify competitors when photo-electric equipment is used.

i. The announcer shall give proper announcements to aid the competitors in reporting to the clerk of the course or the field event judges on time. It is recommended that the first call be given 15 minutes before the event and the final call 5 minutes before the event.

j. Any competitor voluntarily leaving the track or course shall be disqualified from further competition. A competitor with the permission of and accompanied by an official may leave the immediate area of the field event or Pentathlon competition.

k. No competitor may receive advice or information from any other person (another competitor, teammate, fan, coach, or official) during the competition. Such occurrence shall bring a caution from the referee, field judge, etc., and any further repetition will cause discontinuation from that competition. (This does not mean that fans, teammates, and coaches will not be allowed to show encouragement to competing competitors.)

l. Competitors competing in both track and field events, or within two or more field events, shall be allowed to take their trials in a different order from that arranged at the start of competition. However, these trials cannot *all* be taken in succession nor can any trials missed in prior rounds be made up.

m. A competitor returning from a running event to field event competition should report to the field judge of that event upon completion of running event. The competitor shall have a maximum of 10 minutes of recovery time.

n. No official record for an event may be claimed unless all official standards for that event have been met.

SECTION 2. Conduct of Race

a. A competitor must make an honest effort to qualify or place. Intentionally taking two false starts, not leaving the blocks after a legitimate start, jogging a dash run, or not attempting to run a race after reporting are examples of a lack of honest effort. The competitor shall be barred from all remaining competition in that meet.

b. Competitors should be prepared to run their events in such a

manner as to ensure their best effort and at the same time permit their competitors equal opportunities for fair competition. Competitors failing to follow accepted standards of sportsmanship during the competition may be disqualified. Examples of actions which shall result in disqualification follow:

- jostling, cutting across the path, or obstructing another competitor so as to impede progress. Direct contact is not necessary; any action that causes a competitor to break stride or lose momentum can lead to disqualification.
- veering to the right or left on the final straightaway or on the backstretch so as to impede a challenging runner and force her to run a greater distance.
- forcing way between two leading competitors, making direct contact so as to impede the progress of either.
- stepping inside the curb, thereby gaining an advantage by improving position or shortening the course. (This does not pertain to a runner being temporarily forced off the inside of the track.)
- leaving the track voluntarily, and presumably, the race but returning later to continue
- aiding a competitor by a coach, teammate (whether in the race or not) or anyone connected with the team directly or indirectly. (Such aid might include running alongside the competitor or organized encouragement or coaching by those stationed at various points near the track.) The referee shall give one warning before disqualifying the competitor.
- holding the hands of a teammate during the race or at the finish.
- impeding the progress of a runner by deliberate "boxing" by two or more competitors. (However, it should be noted that unintentional "boxes" occur frequently during a race when a runner on the inside finds two or more opponents to the front and to the side. Care must be taken to determine between strategy on the one hand and unsportsmanlike impeding of fair progress on the other.)

c. In all races run in lanes, the competitor must stay in the assigned lane from start to finish. A competitor who has unintentionally run outside the lane and who has not interfered with an opponent may not be disqualified. If, however, significant advantage was derived from this action, intentional or not, disqualification shall result.

d. In all races of 200 meters (220 yards) or less, information on wind velocity must be provided for record consideration. (See "PTO of Wind Gauge Operator" or "Records" for information on Anemometer regulations, pages 153 and 53.)
e. Finish twine, or tape shall be stretched across the track at the appropriate height (approximately chest high) between the finish posts immediately above the nearest edge of the finish line. This may be discontinued if the wind direction or velocity might create confusion on the part of either officials or competitors.

RULE 5. RUNNING EVENTS

SECTION 1. Outdoor Facilities – Track and Lanes, Equipment, Supplies

a. The track shall be a surveyed 400 meter or 440 yard course with minimal width lanes of 30 inches and a maximum of 48 inches.
b. The running track will be measured 8" inside the lane with the exception of the curb lane which will be measured on foot (12") inside the lane. (If there is no curb, the inside lane will also be measured 8" inside the lane.) The width of the lane lines shall be 2".
c. The maximum inclination permitted for the track shall not exceed 1:100 in a lateral direction and 1:1000 in the running direction.
d. The blocks must be constructed without springs or other devices which would provide artificial assistance. The blocks must be adjustable and must be placed and removed easily without damaging the track. Competitors may use their own blocks except in the Olympic games and international dual competition providing they meet the above specifications.

SECTION 2. General Rules

a. When a competitor who has qualified in a preliminary trial withdraws from the competition in the semifinals or the finals, the competitor may not be replaced by a substitute.
b. If there is a tie in any heat which affects qualifications for the next semifinals or finals, the tying competitors shall both qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

c. The direction of running around the turn shall be counter-clockwise.

d. The 200 meter (220 yard) race shall be run in lanes around one turn. The 400 meter (440 yard) race and the 400 meter (440 yard) relay will be run in lanes around two turns. The 800 meter (880 yard) race and the 3200 meter (Two Mile) relay will be run with a one-turn stagger.

e. In races which include at least one turn, the starting line must be staggered by measurement for each lane to compensate for varying distances of those lanes around the curve.

f. In races of 1500 meters (1 mile) or longer, a curved, involuted (waterfall) starting line will be used.

g. Starting blocks may be used in races or relays when that race or relay leg does not exceed 440 yards. Both feet and both hands must be in contact with the ground when using starting blocks. Starting blocks will not be used when a competitor chooses to start from a three-point or a standing start position.

h. The competitors shall not touch either the starting line or the ground in front of it with their hands or feet when on their marks or in the set position.

i. The starting command of races through 400 meters (440 yards) will be "on your mark," "Set," and when all competitors are steady the gun shall be fired. For races over 400 meters (440 yards), the commands will be "Runners Set," and when all competitors are steady the gun shall be fired. A whistle technique can be used as an alternative. See page 00.

j. On the command "Set," all competitors will immediately move to their set positions. A runner who so fails to comply with this command within a reasonable time shall be charged with a false start.

k. A competitor leaving the mark before the gun is fired shall be charged with a false start. Any competitor making 2 false starts (or 3 in the case of the pentathlon) shall be disqualified from that particular event. A false start shall be called if a competitor leaves the mark with hand or foot, and/or is in motion after the "Set" but before the shot is fired.

l. In races where breaking to the inside lane is permitted, a competitor may break to the inside lane when the progress of another competitor will not be impeded.

m. When a one-turn staggered start is used, competitors may not break to the inside lane until the first turn is finished. In races in which a curved start is used, a competitor may break to the inside lane as soon as possible.

n. Competitors may be recalled if a runner falls while in the first turn of races not run in lanes. Runners may also be recalled if they fall as they move to the inside of the straightaway after running one turn in lanes as in the 800 meter (880 yard) run.
o. When running on a curve, a runner will be disqualified for taking three or more successive steps on or over the lane line with either or both feet.
p. A competitor shall be placed at the finish in the order in which any part of the torso (i.e., torso- as distinguished from the head, neck, arms, legs, or feet) crosses the perpendicular plane of the nearest edge of the finish line.
q. If photoprints or phototiming devices are used, such prints shall be taken from a point on the finish line extended which adequately shows the finish of each competitor. These prints should take precedence in the placing and timing of track events.

SECTION 3. Determination of Heats and Lanes

a. Heats shall be held in all track events in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a final.
   1. **In races of up to and including 400 meters (440 yards), the number of competitors in heats and finals shall not exceed the number of lanes of the track.**
   2. If more competitors are declared for the 800 meter (880 yard) run than the number of available lanes, trials shall be run. If trials are run, the number of finalists shall correspond to the number of lanes of the track.
   3. If more than 12 competitors are declared for the 1500 meter (one mile) run, trials should be run. If trials are run, twelve (12) shall be selected for the finals. For one day meets with more than 12 competitors, sections may be run composed of competitors with comparable times.
   4. If more than **18** competitors are declared for the 3000 meter or **24** for the 5000 meter (2 and 3 mile) runs, trials shall be run. If trials are run, **the number of finalists shall correspond to double the number of lanes of the track.** In the best interest of all concerned, the Games Committee or meet director may schedule the race to be run in sections in lieu of trials if notification is provided in the original schedule. Sections shall be composed of competitors with similar times.
   5. **In relay events up to and including the 1600 meters (4 x**

400) or 1 mile (4 x 400 yards), the number of teams in heats and finals shall not exceed the number of lanes available.

b. At least the first two and preferably the first three placed in preliminary heats shall advance to the succeeding round. Other qualifiers may be decided according to their times. A minimum amount of time must be allowed between rounds of competition:

45 minutes in events up to 200 meters (220 yards);
90 minutes in events of 400 meters (440 yards) and 800 meters (880 yards); and
3 hours in events of 1500 meters (1 mile) or more.

c. Heats for the preliminary and final rounds of the running events shall be formed under the direction of the Games Committee or the meet director. All confirmed entries for the preliminary rounds shall be assigned to heats in the order in which they are ranked by performance, working alternately from left to right and right to left. Exceptions are provided when two competitors from the same team fall in the same heat (in which case the slower competitor would be exchanged with someone of near equivalent place and time in an adjoining heat.) Lanes will be assigned by draw for races on both the straightaway and the curve.

d. Competitors will be assigned to heats for the succeeding rounds and finals according to place finish rather than by times. When additional qualifiers are admitted on a time basis, this will be weighed secondly to the place of finish. The first place finishers are assigned to heats, then second place finishers, and so on. Again, the assignments are made from left to right, and right to left. If two competitors from the same team fall in the same heat, one of the competitors may be exchanged with a competitor in another heat if the placements and/or time are similar if possible.

e. During succeeding rounds and finals, in all races both on the straightaway and around the curve, competitors will be assigned lanes by draw. In races of 1500 meters (1 mile) and longer, positions are assigned by draw.

f. If a number of confirmed competitors do not report in the preliminary rounds, the heats arranged for competition may be redrawn for greater fairness to the competitors. If the number reporting equals or falls below the designated number, the preliminary round may be discontinued and the event moved to the succeeding round or final.

SECTION 4. Middle Distance and Distance

a. In the 800 meter (880 yard) run, competitors shall run from a one-turn stagger and will break to the inside lane at the flag or pole at the beginning of the straightaway.

b. In the 800 meter (880 yard) run, two competitors may be placed in a lane with designations "1a" and "1b", "2a" and "2b" etc.

√c. The curved line (involuted) or waterfall start shall be used for all distances 1500 meters and longer. Positions will be drawn so that competitors are arranged side-by-side behind the starting line. Competitors may be aligned in such a manner that as many as 12 to 18 may occupy an 8 or 9 lane track.* When drawing for positions, the first position is to the inside edge of the track and the highest position is towards the outside edge. At the gun, the competitors may break to the inside lane taking care not to foul.

d. In races over 440 yards, the starting commands shall be "Runners Set" and when all competitors are ready, the gun shall be fired. This time does not usually exceed two seconds.

e. Competitors may be recalled if a competitor fails while in the first turn of races not run in lanes. Competitors may also be recalled if they fall as they move to the inside lane of the straightaway after running one turn in lanes as in the 800 meter (880 yard) run.

f. Races run from a curved starting line may be recalled even after a fair start has occurred due to a competitor(s) having been tripped or severely impeded. This may occur even though a penalty or disqualification was not assessed. A restart is also permissible when this type of accidental interference occurs in the breaking to the inside lane after the curve in the 800 meter (880 yard) run.

g. In races of 800 meters or longer, an official shall give cumulative race times of each of the competitors as they pass the starting line. No other person may give this information to the competitors.

h. In races of 800 meters or longer, the final lap of the leading competitor shall be signalled by the ringing of a bell or the firing of a starting gun.

√i. In races of 1500 meters or longer, each competitor shall be

*If the number of competitors warrants, two rows of competitors should be permitted behind the curved starting line.

notified of the number of laps yet to be completed by a lap counter near the finish line.

j. Lapped runners should continue to run in the inside lane and should make every effort to run their best race.

k. The use of a pacer to set a desired or record-breaking pace is discouraged.

l. A competitor may be disqualified when running around the curves for gaining an advantage by stepping on or over her lane line. A competitor shall be disqualified for taking 3 or more successive steps on or over the lane line with either or both feet.

SECTION 5. Hurdles

a. Equipment

1. A hurdle shall be made of wood or metal, and shall consist of two bases and two uprights supporting a rectangular frame reinforced by one or more crossbars, the uprights being fixed at the extreme ends of the base. The hurdle may be adjustable in height, but shall be rigidly fastened at the required height for each event. The hurdle shall be designed so that (irrespective of its height) a force of at least 3.6 kilograms (8 lbs) and not more than 4 kilograms (8 lbs, 13 oz.) applied to the center of the top edge of the (top) crossbar is required to overturn it. Adjustable counterweights shall be placed at the ends of the bases farthest from the uprights so that at each height a force of at least 4 kilograms (8 lbs, 13 oz.) is required to overturn the hurdle.
2. The measurements of a hurdle shall be the minimum width of 1.06 meters (3'6"), the extreme base length of .70 meters (2'3½"). The top bar shall be 7 centimeters (2¾") wide and shall be striped in black and white.
3. The height of hurdles shall be either .76 meters (2'6") or .84 meters (2'9") as indicated by the table below. Elementary school girls in regular class activities may use .46 meters (18") hurdles.

b. Height and Distance Specifications

Recognized distances and heights for hurdle races shall be as indicated in Table 1.

Rule 5. Running Events

Table 1.
HURDLE EVENTS

Distance of Race, Age Division In or Outdoor	Number of Hurdles	Height of Hurdle	Distance from Start to First Hurdle	Distance between Hurdles	Distance from Last Hurdle to Finish
50 yards (9-14) In or outdoor	4	2'6"	30' 4½" (12m)	26' 3" (8m)	31' 10½" (9.71m)
50 yards (15+, Col/open) – Indoor	4	2'9"	42'7⅝" (13m)	27' 10½" (8.5m)	23' 8⅝" (7.23m)
60 yards (Col/open) – In	5	2'9"	42' 7⅝" (13m)	27' 10½" (8.5m)	25' 10¼" (7.88m)
70 yards (Col/open) – In	6	2'9"	42' 7⅝" (13m)	27' 10½" (8.5m)	27' 0 ¾" (8.25m)
80 yards (12-15+) – Out	7	2'6"	42' 7⅝" (13m)	27' 10½" (8.5m)	30' 1¾" (9.17m)
110 yards (12-15+) – Out	10	2'6"	42' 7⅝" (13m)	26' 3" (8m)	51' 1" (15.57m)
100 meters (12-14) – Out	10	2'6"	42' 7⅝" (13m)	27' 10½" (8.5m)	34' 5½" (10.5m)
100 meters (15+ Col/open) – Out	10	2'9"	42' 7⅝" (13m)	27' 10½" (8.5m)	34' 5½" (10.5m)
200 meters (15+) – Out	10	2'6"	52' 6" (16m)	62' 4" (19m)	42' 7⅝" (13m)
300 meters (15+) – Out	8	2'6"	147'7½" (45m)	114'10" (35m)	32' 9¾" (10m)
400 meters (Col/open) – Out	10	2'6"	147'7½" (45m)	114'10" (35m)	131'2¾" (40m)

Note: The 400-meter race is at the same spacing as the men's intermediate race.

100 meters = 110 yards minus 1'11" or 100 yards plus 28'1"
200 meters = 220 yards minus 3'10"
300 meters = 330 yards minus 5'9"
400 meters = 440 yards minus 7'8"

c. Conduct of Hurdle Competition

1. All hurdle races will be run in lanes, and the hurdler shall keep to that lane throughout. Hurdlers must attempt to clear every hurdle without trailing a foot alongside the hurdle and without impeding another's progress. A competitor guilty of either of these violations or of deliberately knocking down hurdles by hand or foot shall be disqualified.
2. The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach of the competitor.
3. The 300 meter (330 yard) hurdles shall be run around one turn.
4. All rules listed under "General Rules of Running Events" and "Conduct of the Race" shall also apply to hurdle events.

SECTION 6. Relays and Shuttle

a. Equipment

The baton carried in the relay races shall be a smooth hollow tube constructed of a rigid material of one piece

weighing not less than (or more than) 50 grams (1¾ oz.). The length shall not be less than 28 centimeters (11") nor more than 30 centimeters (12"). The circumference shall not be more than 12 centimeters (4¾") nor less than 10 centimeters (4"). The baton is not to be taped. The baton should be painted or of a finish so as to be clearly visible.

b. Conduct of Relay Competition

1. The baton must be carried in the hand throughout the race.
2. When two or more relay teams are entered in an event by an institution, each team must have a different designation.
3. Four (4) competitors may be designated for each relay team. More than one team may be entered for each event. If after a qualifying round a relay competitor suffers an injury or illness that is serious enough to secure a doctor's certificate for withdrawal, that team may substitute any member **on the team roster** and continue to participate.
4. If only one relay team is permitted to run for a team, any members of the team may participate in case of injury or withdrawal by an original member of the relay team. In the event two or more relay teams are entered in an event by one team, any member of the team other than the four who were declared to run for each relay team shall be eligible to substitute on any relay team. However, in no case will the four declared personnel for a relay team be allowed to shift from one team to another.
5. The order of running, as differentiated from the composition of the team, may be changed between trial heats and finals in all relay events except in medley relay races.
6. All members of the same relay team must wear identical uniforms (shirts and shorts).
7. No competitor may run more than one leg of a relay.
8. All rules listed under "Dashes and Runs" also apply to relays.
9. The relay team shall be assigned a lane by draw in all heats and finals.
10. The 880 yard medley relay shall be run in the following order: **(110-110-220-440)** or (220-110-110-440) or 800 meter medley relay **(100-100-200-400)** or (200-100-100-400).
11. The 20 meter (22 yard) exchange zone will be marked at each relay exchange stage. For races of up to 4 x 220

yards, an acceleration zone (international zone) of 10 meters (11 yards) will be marked for outgoing competitors who wish to commence their run prior to the exchange zone. The beginning of this zone shall also be marked in the lanes.

12. In the 800 meter (880 yard) medley relay, competitors may use the acceleration zone (international zone) during the first two exchanges. However, the acceleration zone (international zone) will not be used at the third exchange since the pass is to an outgoing 400 meter (440 yard) runner.
13. The baton must be exchanged within the exchange zone. The baton is considered passed when it is in the hands of the receiver only. It is not the position of the body or limbs of the competitors, but the position of the baton which is decisive.
14. If dropped, the baton must be recovered by the competitor who dropped it. A competitor may step out of the lane to recover the baton if in so doing she does not interfere with another competitor. However, if it is dropped during the exchange, either competitor may pick up the baton.
15. The mile relay (4 x 440 yards) or 1600 meter relay (4 x 400 meters) will be run with a three-turn stagger. The first exchange of this relay will be staggered since the second competitor will not break for the inside lane until completing the turn.
16. The two mile relay (4 x 880 yards) or 3200 meter relay (4 x 800 meters) will be run with a one-turn stagger. The lead-off runner may break for the inside lane after completing the first curve at the pole or flag beginning the straightaway.
17. In all other relays around the track (4 x 440, etc.) outgoing competitors waiting for the baton must take up positions within the 20 meter exchange zone.
18. In the 2nd or 3rd exchanges in the mile relay, and all exchanges of the two mile relay, outgoing competitors will occupy the same relative position as their incoming teammates hold relative to each other. The leaders will pass in the first lane, second place holders in the second, and so on. When no interference is possible, receivers may slide down to the inside lane.
19. After passing the baton, competitors must continue in

their lanes or zones so as to not interfere with other competitors. A competitor willfully impeding a member of another team by running out of position or lane may cause the disqualification of that team.

20. The 880 yard medley relay shall be run in a 2 turn stagger. The fourth runner in the 880-yard (800 meter) medley relay may cut for the inside lane as soon as the baton is received, provided that movement does not interfere with competitors in the inside lane.
21. The relays up to and including 4 x 220 shall be run in lanes all the way.
22. The 4 x 110 relay shall be run with a 2 turn stagger.
23. The 4 x 220 relay shall be run with a 4 turn stagger.
24. In relays in which the first competitor runs a distance of 440 yards or less, competitors may use starting blocks. In relays in which the competitors run more than 440 yards for the first leg (i.e., 4 x 880 yards, 4 x 800 meters), competitors will use the starting procedures for the middle distance races.
25. The same rules and penalties with reference to fouling or coaching that apply to individual running events shall also apply to the relay races.

c. Shuttle Relays
   1. A competitor, with hands and feet behind the restraining line, shall be touched on the right shoulder. The competitor may be in an upright position or in a crouch position at the time of the tag. Rules of the start shall apply for each succeeding runner.
   2. All rules listed under "Conduct of the Race" and "General Rules of Competition, Running Events" shall also apply to shuttle relays.

SECTION 7. Race Walking

a. Race walking is advancing through a progression of steps so taken that contact with the ground is always maintained.
b. The walker must progress in such a manner as to have the advancing foot maintaining contact with the ground before the rear foot leaves the ground. Throughout the process of stepping, while a foot is on the ground, the leg shall not be bent at the knee.
c. For events held on roads, these roads should not be open to motorized traffic.
d. The safety of the competitor should be considered at all times.

RULE 6. FIELD EVENTS

SECTION 1. General Rules

a. The order of competition in all qualifying and trial rounds shall be drawn by lot.

b. All measurements must be made with a **certified steel tape or fiberglass tape or a bar** graduated in centimeters and quarter inches for the mark to be submitted for a record. **In case of a World Record submission, only measurements from steel tape will be accepted.**

c. Competitors in all field events shall be allowed two minutes from the time the name is called to initiate a trial. Failure to comply within that time period shall be counted as a trial.

d. The number of finalists to be selected in the field events is predetermined by the Games Committee or in the absence of a Games Committee, by the meet director. The number varies from one more than the number of places to be awarded, to the number of finalists that will be selected for the track events run in lanes.

e. In the event of a tie for the last qualifying position for finals any or all competitors so tying shall also advance to the finals.

f. If a competitor is competing in another event – track and/or field – which requires missing the trial in the official order, the Head Judge of the event may allow that competitor to take trials out of the official order.

g. Running events take precedence over field events, i.e., if a competitor is participating in a field event and a running event is called, the competitors must leave the field event. The competitor is responsible for reporting back to the field event judge upon completion of the running event. The competitor is entitled up to 10 minutes of recovery time.

h. The levels of the runways and landing areas; throwing areas – shot and discus circles, the javelin runway, and all sectors; and jumping areas – take-offs, pits and runways must all be inspected by an official surveyor. The maximum lateral inclination of the runways for throwing events shall be 1:100 and the inclination in the running direction shall not exceed 1:100 and that of the throwing field 1:1000.

i. Each competitor may have three practice trials under the supervision of the field events judge immediately prior to the flight. **In case there is no warm-up area or runway available, a period of general warm-up must be provided for all competitors prior to the commencement of competition by the first flight.**

j. **Once the competition has begun, the competitor is not permitted to use the runway, circle, take-off area or the grounds within the sector for practice with or without an implement.**
k. Each competitor shall be credited with the best of all jumps either in the preliminary (trials) or final round of competition. If a qualifying round is necessary, performances made during the qualifying will not be used for final placings, but may count as meet or other records.

SECTION 2. Jumping Events General Rules

a. Competitors may not wear shoes which incorporate any spring or device of any kind, nor may they use shoes with the sole and inner sole having an overall thickness in excess of 13 millimeters (½"). Competitors may not add insoles or other appliances which increase the total thickness of the sole and inner sole above the permitted ½".
b. The use of weights or grips of any kind is strictly prohibited.
c. The head field event judge of either jump will call the order of competitors at the beginning of competition and give instructions concerning the procedures of the competition.
d. All measurements shall be recorded to the lesser ¼". For example: a measurement of 5'7 3/8" should be recorded as 5'7¼". A measurement of 19'10 5/8" should be recorded as 19'10½". Metric measurements, however, are to be used in intercollegiate competition.
e. Where there are enough competitors to warrant, it is recommended that the qualifying competition be divided into two or more groups. It is suggested that the size of flights be no larger than 10 in the long jump and 6 in the high jump. The "revolving flight" procedure is suggested for use in the High Jump. (See page 173.) (The revolving flight method is also known as the 3-alive or 4-alive method.)

SECTION 3. High Jump

a. Facilities
   1. The distance between the vertical uprights or standards shall not be less than 3.66 meters (12') nor more than 4.02 meters (13'2½").
   2. The standards shall be of sufficient height to exceed the maximum height the crossbar can be raised by at least 10 centimeters (4").
   3. The crossbar supports shall be flat and rectangular in shape. They shall be 40 millimeters (1½") wide and 60 millimeters

(2½") long and face the opposite standard so that the crossbar will rest along the narrow dimension, and in such a manner that if the crossbar is touched by a competitor it will easily fall to the ground either forward or backward.

4. There shall be a space of at least 10 millimeters (½") between the ends of the crossbar and the standards.
5. The crossbar shall be constructed of wood, metal, fiberglass, or other suitable material. The shape shall be triangular or circular in section.
   - Each side of the triangular crossbar shall measure 30 millimeters (1 1/8").
   - The diameter of the circular bar shall be at least 25 millimeters (1") but not more than 30 millimeters (1 1/8"). The ends of the crossbar shall be constructed in such a way that a flat surface of 30 x 150 millimeters (1" x 6") is obtained for placing the bar on the standard supports.
6. The length of the crossbar shall be between 3.64 meters (11'11½") and 4 meters (13'1½") and shall have a maximum weight of 2.2 kilograms (4 lb. 6½ oz.)
7. The landing pit shall have minimum dimensions of 5 meters (16'4") by 4 meters (13'1½") and be of a composition which will provide a safe landing. The pit should not be less than 30 centimeters (12") above take-off (minimum).
8. The approach area or apron shall be at least 15 meters (49') in length from any point in its arc of 150 degrees. Where conditions permit, the approach distance shall not be shorter than 18 meters (59').
9. The apron must be level with the point of measurement directly under the crossbar.

b. Conduct of High Jump Competition

1. At the start of the competition, the judge shall announce the starting height and the heights to which the bar will be raised at the end of each round to all competitors as it was determined by the meet director.
2. The initial height of the bar for jumpers in qualifying competition is set by the Games Committee. In a large meet or championship meet where qualifying standards are required, the initial height will be set as follows: take the median height of the jumpers' best marks (submitted for qualifying) and drop 10 centimeters (4"). The bar is generally raised by 5 centimeter (2") increments until the meet qualifying standard is reached. If less than twelve (12) competitors achieve the qualifying standard, the

finals are filled with enough jumpers to fill the field of 12 from the next lower height.

3. The initial height of the crossbar in the finals will be set at 10 centimeters (4") below the qualifying standard for the finals and raised at 5 centimeters (2") increments until the qualifying standard is reached. At that time, the bar will be raised by 3 centimeters (1") increments.
4. An accurate measurement of the height of the high jump crossbar shall be taken each time it is raised to a new height, each time a new crossbar replaces a broken one and when the crossbar is replaced on the standards after falling.
5. All measurements must be made with a steel tape or bar graduated in centimeters or quarter inches and shall be made perpendicular from the ground to the lowest part of the upper side of the bar. Any measurement of a new height will be made before competitors attempt such height. In all cases of records, the field referee must check the measurement after the height has been cleared.
6. One surface of the crossbar shall be marked so that the same surface of the crossbar is always facing the same direction.
7. The competitor may place marks on the apron to assist in the run-up and take-off. The marks must be approved by the event judge. The competitor may also place an item such as a handkerchief on the crossbar for sighting purposes.
8. A legal jump is one in which the competitor jumps from one foot.
9. Failed attempts include:
   a. knocking the crossbar off the supports in an attempt to clear it;
   b. touching the ground or landing area beyond the plane extended by the uprights without clearing the bar;
   c. breaking the vertical plane of the crossbar even when a jump is not attempted;
   d. displacing the crossbar by stumbling against the upright after clearing the bar and landing in the pit;
   e. failure to initiate a jump within 2 minutes after the competitor's name has been called;
   f. **a hit bar falling *even* after the competitor has left the pit and/or the landing area (not due to the wind).**
10. **There is no penalty for a jumper leaving the pit in any direction including underneath the bar.**

Rule 6. Field Events

11. Each competitor shall be allowed three trials at any one height. The competitor, may, at her discretion, commence jumping at the starting height or at any subsequent height. The competitor may pass a jump at any height and it will not be counted as a trial. The competitor is disqualified as soon as three consecutive unsuccessful attempts have been made, regardless of the height of the attempts.
12. A competitor may continue jumping even after all the other competitors have failed until that competitor is disqualified from further jumping as indicated above. The competitor may decide what height the bar is raised tc when the competitor is the only remaining competitor.
13. If a competitor leaves this event to compete in another and fails to return before all other competitors have finished jumping at one height, the bar will be raised and the absence will be recorded as a pass. The field judge may permit a competitor who reports after the competition has begun to start at the height of the bar at the time of arrival. The bar will not be lowered for any contestants reporting late.
14. The crossbar shall not be lowered after the competition has started except to determine a first place winner.
15. The uprights or posts shall not be moved during competition unless the field referee decides that the take-off or landing pit has become unsuitable. In such case, the change shall be made only after a round has been completed.
16. In the event of a tie for any place in the high jump, apply procedure as described below:

RESOLVING TIES IN THE HIGH JUMP

	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	TOTAL Failures	TOTAL Trials	Pos.
A.	...	x√	√	x√	...	xx√	xxx	4	8	2
B.	√	√	√	x..	x√	xx√	xxx	4	9	3
C.	√	√	x..	√	xx√	xx√	xxx	5	–	4
D.	√	...	...	xx√	xx√	x√	xxx	–	–	1

Key: x = failed √ = cleared ... = passed

Explanation: A, B, C, and D all cleared 5'5" and all failed at 5'6". Because D cleared 5'5" on a second attempt,

while all others cleared on their third attempt, D is the winner. Applying Rule b), one sees that A and B each had four misses up to and including 5'5", while C had five misses; C therefore, gets fourth place. Applying c), to break the tie still existing between A and B, one sees that A took a total of eight trials or attempts (successful or not) up to and including 5'5" while B took nine attempts; A therefore gets second place and B gets third place.

a) The competitor with the lowest number of trials at the height at which the tie occurs shall be awarded the higher place.

b) If the tie still remains, the competitor having the fewest misses or failures throughout the competition up to and including the height at which the tie occurs shall be awarded the higher place.

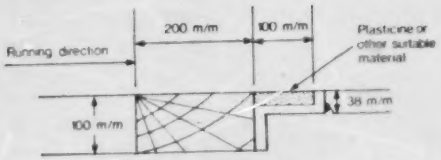
c) If the tie still remains, the competitor having the fewest attempts or trials (successful or not) throughout the competition up to and including the height at which the tie occurs shall be awarded the higher place.

d) If the tie still remains after applying a), b), and c), above, it remains except for first place. (See PTO page 153.)

SECTION 4. Running Long Jump

a. Facilities

1. The minimum length of the runway shall be 40 meters (131') and shall extend beyond the take-off board to the near edge of the landing pit. Where conditions permit, the runway should be at least 45 meters (147') in length.
2. The take-off board shall be 1.22 meters (4') long and 200 millimeters (8") wide and 100 millimeters (4") deep. It should be painted white and set flush with the ground.
3. The foul or scratch line is the edge of the take-off board nearest the landing pit.
4. The foul indicator shall be a fixed horizontal shelf 1.22 meters (4') long, 100 millimeters (4") wide, and the top 38 millimeters (1½") below the take-off board, imediately beyond the scratch line. This shelf should be covered with plasticine or other suitable material to the same level as the take-off board, and should be of a different color than the take-off board. (See Figure 1.)



Long Jump Take-Off Board and Foul Marker

Figure 1.

5. The minimum distance from the scratch line to the end of the landing pit shall be 10 meters (32'10").
6. The minimum distance from the scratch line to the near edge of the landing pit shall not be less than 1 meter (3¼') nor greater than 3 meters (10').
7. The landing pit shall have a minimum width of 2.75 meters (9') and a minimum length of 5.5 meters (18'), and shall be level with the take-off board.
8. The landing pit shall be filled with sand to a level even with the take-off board.

b. Conduct of Long Jump Competition

√1. No marks may be placed on the runway, but a competitor may place marks adjacent to the runway. No marks may be placed in or alongside the landing pit by a competitor.

2. If more than one take-off board exists on a runway leading to the jumping pit, one of the boards must be designated as the official take-off board. All competitors must jump from this board.
3. The measurement of the legal jump shall be made at right angles from the nearest mark in the ground (made by any part of the body of the competitor) to the scratch line (take-off board) or scratch line extended. A steel tape graduated in centimeters and quarter inches will be used.
4. Foul jumps shall not be measured. The following constitutes a foul jump:
   a) when using plasticine, sand, or other suitable material, a mark is made by the competitor beyond the scratch line;
   b) when not using plasticine, sand, or other suitable material, the competitor's foot or shoe extends beyond the scratch line;
   c) when any competitor in the process of jumping touches

the ground beyond the scratch line of the take-off board or the perpendicular plane extended;

d) when the competitor touches the ground outside the landing area, and nearer to the take-off board than the nearest break in the sand, made by the jump;

e) when the competitor walks back through the landing pit after a completed jump.

5. Three trials shall be allowed in the preliminary round of competition. Three jumps shall be allowed in the final round of competition.
6. The order of competition in the final round of competition shall be in reverse order of performance in the trials: the last qualifier will compete first; the best qualifier competes last.
7. The somersault style of jumping is not permitted.
8. A wind-measuring instrument (anemometer) should be used. (Refer to page 153.)

SECTION 5. Standing Long Jump

a. May be executed from the floor using a scratch line or from the ground using a scratch line or board which is sunk flush with the ground.

b. A competitor may rock forward and backward, lifting heels and toes alternately from the surface, but may not lift either foot completely from the ground (floor) nor slide it along in any direction on the ground (floor).

c. The feet of the competitor may be placed in any position, but shall leave the floor simultaneously in making an attempt to jump. If the feet are lifted from the ground twice, or two springs are made in the attempt, the jump counts as a foul and is recorded as a trial.

d. If any competitor, in the process of jumping, touches the floor beyond the scratch line with any part of the body, the jump shall not be measured but shall count as a trial.

e. The measurement of the jump shall be made at right angles from the nearest mark on the floor, mats, or ground, made by any part of the body of the competitor to the scratch line extending at right angles.

f. Each competitor shall be allowed three jumps. Three shall be allowed in the finals. Each competitor shall be credited with the best of all the competitor's jumps.

SECTION 6. Throwing Events General Rules

a. Three trials shall be allowed in the preliminary rounds of competition. Three throws shall be allowed in the final round of competition.
b. All implements used in competition must conform to official standard size, weight, and composition and be officially approved. If so desired any approved implement may be used by any competitor.
c. In all throwing events from a circle, a competitor must commence the throw from a stationary position.
d. The head field event judge will call the names of the competitors in order of competition as follows: "Brown, Smith and Jones, Brown up."
e. Foul throws shall not be measured.
f. The implement must fall within and not on the sector lines.
g. Each competitor shall be allowed one interruption during each trial; that is, the competitor may stop movement and return to a stationary position, even lay the implement down within the throwing area before resuming the trial. The competitor may not, however, leave the circle or throwing area.
h. The measurement of each throw shall be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, or the arc in the case of the javelin, along a line from the mark made by the implement to the center of the circle (shot, discus) or the center of the circle of which the arc is a part (javelin).
i. In all measurements, distances under 100 feet are to be recorded to the nearest ¼ inch below the distance covered. Distances over 100 feet are to be recorded to the nearest ½ inch below the distance covered.
j. In all measurements, the zero end of the tape must be held at the point of the mark made by the implement.
k. The measurement of each throw shall be made immediately after the throw.
l. In the javelin and discus competitions, a distinctive flag or marker shall be provided to mark the best throw of each competitor, and this shall be placed along a line or tape outside the sector lines. A distinctive flag or disc shall also be provided to mark the existing World Record and, when appropriate, the existing American record in each throwing event.
m. No device of any kind (e.g., the taping of two or more fingers together) which in any way assists a competitor when making

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a throw shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. The use of tape on the wrist shall be allowed only upon production of a certificate given by the official doctor for the meet.

n. The use of gloves is not allowed.
o. To obtain a better grip, competitors shall be permitted to use an adhesive substance such as resin or a similar substance on their hands only.
p. A belt of leather or some other suitable material may be worn at the waist by a competitor to protect the spine or back from injury.
q. A competitor may not spray or spread any substance in the circle.

SECTION 7. Shot Put

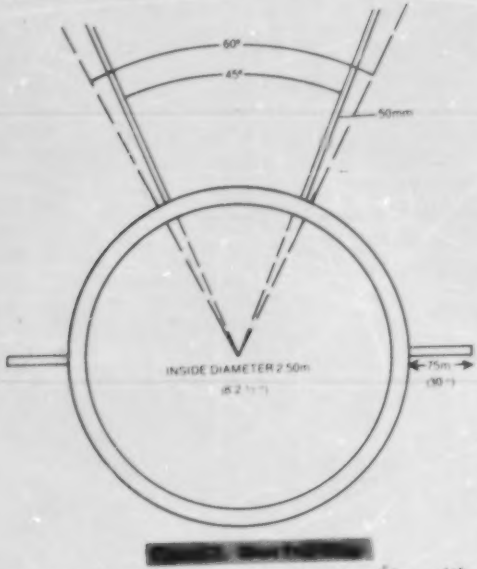
a. Facilities and Equipment
   1. The put shall be made from a circle 2.135 meters (7') in diameter. At the middle of the circumference in the front half of the circle a stopboard shall be placed firmly fastened to the ground. A chalk or painted circle shall be used for indoor meets.
   2. In all official meets the toeboard shall be made of wood in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, and so that it can be firmly fixed to the ground. The toeboard is 1.22 meters (4') long on the inside, 110 millimeters (4½") wide, and 100 millimeters (4") high. The board shall be painted white.
   3. The putting area shall consist of cinders, grass, or some suitable material on which the shot makes an imprint.
   4. The shot shall be a solid sphere of iron, brass, or any metal not softer than brass, or a shell of such metal filled with lead or other material. The minimum weight for the college or open division shall be 4 kilograms (8 lbs. 13 oz.); the minimum weight for junior and senior high school girls shall be 8 pounds; the minimum weight for elementary school girls shall be 6 pounds. The minimum diameter shall be 3¾" and the maximum shall be 4 11/32". A leather-bound or plastic covered indoor shot of the above weights shall be used only for indoor meets.

b. Conduct of Shot Put Competition
   1. To be valid, all puts must fall within the 45° sector lines.*

*High schools may use a 60° sector.

These lines 50 millimeters (2") wide, which form an angle of 45° shall be extended from the center of the circle. The inner edges of these lines shall mark the sector. The ends of the sector lines shall be marked with flags.

2. A fair put shall be one in which no part of the competitor's body touches the top of the toeboard, the circle, or the ground outside the circle.



3. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. During the attempt, the shot shall not pass behind the shoulder.
4. Foul puts will not be measured but will count as a trial. The following constitutes a foul put:
   a. The competitor steps on or over the toeboard. (Touching the inside of the stopboard is allowed).

b. Leaving the circle before the distance has been marked.
c. Touching the ground with any part of the body outside the circle, after the competitor has stepped into the circle and begun to make a throw.
d. Not leaving the circle from a standing position.
e. Not leaving the circle from the rear half, which shall be indicated by an imaginary line drawn through the center and marked outside the circle not less than 75 centimeters (30") on each side.
f. The shot lands on or outside the sector lines.

5. The measurement shall be taken from the nearest mark made by the fall of the shot to the inside of the circumference of the circle, on a line from such mark by the shot to the center of the circle.

SECTION 8. Discus

a. Facilities and Equipment

1. The discus shall be thrown from a circle 2.50 meters [redacted] in diameter. The circle shall be made of band iron, steel, or wood and shall be sunk in the ground.
2. The discus shall consist of a wooden body permanently framed by a metal rim rounded in a true circle. Metal plates shall be set flush in the sides of the wooden body. A means of securing the correct weight shall be the exact center of the discus.
3. The discus shall have the following specifications: a minimum weight of 1 kilo (2 lbs. 2.7 oz.); a minimum diameter of 180 millimeters (7 1/8"), and a maximum diameter of 182 millimeters (7¼"). A metal or hard rubber discus complying with all specifications of measurement, conditions, and weights may be used. Thickness at center minimum of 37 millimeters (1½"), and a maximum of 39 millimeters (1 5/8"). Thickness of rim minimum of 12 millimeters (½"). Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle a distance of 25 millimeters (1") from the center of the discus. The edge of the metal rim shall be rounded in a true circle.

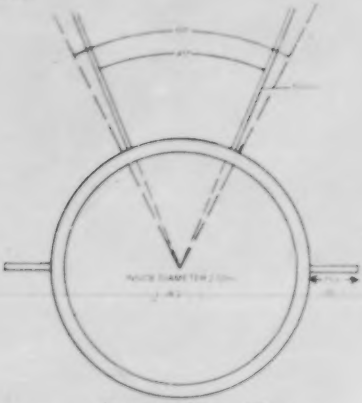


Figure 3. Discus Ring.

b. Conduct of Discus Competition

1. To be valid, all throws must fall within the 45° sector lines.* These lines, 50 millimeters (2") wide, which form an angle of 45° shall be extended from the center of the circle. The inner edges of these lines shall mark the sector. The ends of the sector lines shall be marked with flags.
2. Foul throws will not be measured but will count as a trial. The following constitutes a foul throw:
   a. Stepping on or over the circle. (Touching the inner face of the marking band is allowed.)
   b. Leaving the circle before the distance has been marked.
   c. The discus lands on or outside the sector lines.
   d. Letting the discus go in making an attempt.
   e. Touching the ground outside the circle with any part of the body after she has stepped into the circle and begun to make a throw.
   f. Not leaving the circle from a standing position.
   g. Not leaving the circle from the rear half, which shall be indicated by an imaginary chalk line drawn through the center and marked outside the circle not less than 75 centimeters (30") on each side.
3. The measurement of each throw shall be from the nearest mark made by the fall of the discus to the inside circum-

*High schools may use a 60° sector.

ference of the circle, on a line from such a mark made by the discus to the center of the circle.

SECTION 9. Javelin

a. Facilities and Equipment

1. The runway for the javelin throw shall not be more than 36.5 meters (120'), but not less than 30 meters (98'6"). It shall be marked by two parallel lines 4 meters (13'1½") apart, 5 centimeters (2") in width, and terminated by a scratch line arc. The throw shall be made from behind an arc of a circle drawn with a radius of 8 meters (26'3").
2. The scratch line arc shall be a board of wood or metal or paint 7 centimeters (2¾") in width, painted white and shall be flush with the ground.
3. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be 1.50 meters (5') in length and 7 centimeters (2¾") in width.
4. The sector is formed by extending the radii through the extremities of the arc for a distance of 90 meters (295¼'). The ends of the radii lines shall be marked with flags. Sectors may be denoted at intermediate distances, e.g., 30 meters (98½'), 50 meters (154'), 70 meters (229 2/3').
5. The javelin shall be made of metal or solid wood with a metal point. The length shall not be less than 220 centi-

Figure 4. Javelin Runway and Throwing Sector.

meters (7'2½") nor more than 230 centimeters (7'6½"). It shall weigh not less than 600 grams (1 lb 5.16 oz) (inclusive of cord grip). The length of the metal head shall not be less than 25 centimeters (9¾") nor more than 33 centimeters (13"). The distance from the tip of the metal head to the center of gravity shall not be less than 80 centimeters (2'7½") nor more than 95 centimeters (3'1½"). The diameter of the shaft at the thickest point shall not be less than 20 millimeters (¾") nor more than 25 millimeters (1"). The width of the cord shall not be less than 14 centimeters (5½") nor more than 15 centimeters (6").

b. Conduct of Javelin Competition

1. No mark shall be placed on the runway, but competitors may place marks at the side of the runway.
2. The javelin must be held by the grip, with one hand only, so that the little finger is nearest to the point.
3. The javelin shall be thrown over the shoulder or upper part of the throwing arm, and may not be slung or hurled with an underhand motion. Non-orthodox styles are not permitted.
4. Foul throws will not be measured but will count as a trial. The following constitute a foul throw:
   a. If the competitor touches the scratch line arc with any part of the body or apparel before her throw has been marked.
   b. If a competitor turns completely around so that her back is toward the throwing area before the javelin has been discharged into the air.
   c. If the javelin lands on or outside the sector lines.
   d. If any part of the javelin other than the apex strikes the ground first. (See Figure 5.)

Figure 5. Javelin

5. If the javelin breaks at any time during the course of the throw, it shall not count as a trial provided the throw was made in accordance with the rules.

6. Measurements shall be taken at the inner edge of the circumference of the arc. Such measurement shall be made on a line from the nearest mark made by the apex of the javelin to the center of the circle of which the arc is a part.

SECTION 10. Basketball and Softball Throws

a. An official junior basketball, and official 12-inch softball shall be used.
b. The throw shall be made with either hand, but not with both hands simultaneously.
c. The throw shall be made from either a stand or a run.
d. The throw shall be made from the javelin throwing area (See Figure 4), or from behind a scratch line 10 feet long and 2 inches wide. Properly marked, this line shall be a board sunk flush with the ground or a similar line.
e. Stepping on or over the line before the throw has been marked constitutes a foul.
f. A foul throw is not measured but counts as a trial.
g. Measurement shall be taken from the nearest mark made by the fall of the ball to the inside edge of the center of the scratch line.
h. Each competitor shall have three throws and the seven best competitors shall have three additional throws. Each competitor shall be credited with the best of all her throws. (Common practice is to qualify one more finalist than there are places to be awarded; if only three awards are given, four will qualify for the finals.)

RULE 7. RECORDS

SECTION 1.

National records shall be recognized in the events and divisions as listed under Rule 1.

SECTION 2.

The following provisions shall apply to all track and field records:

a. No records shall be acceptable unless made in a bona fide competition open to two or more schools or colleges and conducted in accordance with NAGWS Rules, and unless all official standards for that event have been met.
b. Records made in heats or qualifying trials will be accepted. In case of a record made in a dead heat or tie, each competitor so tying shall be entitled to the record.

c. No record claimed for any event in which time is taken shall be allowed unless it has been timed by official timers in accordance with the Techniques of Officiating Section.

d. **On any track with more than 8 lanes, any records made in any lane beyond the 8th in races in lanes around the curve will not be accepted.**

e. For all records in events up to and including 200 meters (220 yards), and for the running long jump, information on wind conditions should be provided.

1. An anemometer shall be placed 1.22 meters (4') above the ground **and no more than 2 meters (6'7") from the edge of the track,** midway between the start and finish lines facing the starting line.
2. If the average velocity of the wind, measured in the direction of the running behind the competitor, either directly or in a slanting direction, exceeds 2 meters per second, (6' 6 2/3" per second or 393.7 feet per minute or 4.463 miles per hour), the record will not be accepted.
3. The events for which the wind will be measured (after the gun has been fired) are as follows:
   a. 100 meters (100 yards) and hurdles – 10 seconds
   b. 200 meters (200 yards-straight) – 20 seconds
   c. 200 meters-curve (220 yards-curve) – the average wind shall be measured for a period of 10 seconds commencing when the runners enter the straightaway.
4. In the long jump **an anemometer shall be placed no more than 20 meters (65'7½") from the take-off board facing the jumper and no farther than 2 meters (6'7") from the runway at a height of 1.22 meters or 4' above the ground.** The wind shall be measured for a period of 5 seconds when the competitor starts her approach.

f. The equipment used in field events must have been weighted by weighing and measuring devices approved by the Bureau of Weights and Measures. Records in field events must be measured by two field judges and the referee using a *steel* tape or bar.

g. No record claimed for the discus, javelin, shot put, basketball, or softball shall be allowed unless it has been made with an implement which complies with the specifications for official implements, and it must also be certified as to weight, measurement, and material on the date of competition.

SECTION 3.

A national record application shall be accepted for consideration by the Track and Field Committee if the record application form(s) (see Appendix, pages 120-121) submitted is properly certified by referee, judges, timers, and all other necessary officials concerning all pertinent information as follows:

a. Place
b. Time of day
c. State of weather
d. Condition of track or field
e. Force and direction of wind
f. Level or gradient of ground
g. Correctness of distance run, announced time, and distance or height
h. Specifications of weight, measurement, and material of implement
i. Printed program of meet
j. Complete results of event
k. Photofinish photograph when automatic electrical time keeping was the official recorder of the event.

RULES INTERPRETER

All questions regarding interpretations of these rules should be addressed to:

SANDY NEELEY
1030 Rafael North
Salem, OR 97302

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PENTATHLON RULES (TRIATHLON)

SECTION 1. The pentathlon is governed by the rules listed below and is scored in accordance with the International Pentathlon Table[1] or IAAF.[2]

√**SECTION 2.** The pentathlon for girls and women consists of five events:

50 yard/100 meter hurdle
8 pound/4 kilo shot put
High jump
Running long jump
800 meter run

√ a. The order of events shall be: hurdles, shot put, high jump, long jump, 800 meters.

b. **The pentathlon may be held in two sessions in one day or on two consecutive days.**

c. **The first session shall consist of hurdles, shot put and high jump. The second session shall consist of long jump and 800 meters.**

d. **Triathlon has no official defined order. Suggestion: hurdles or (100 meters), shot put (or softball throw), and high jump.**

SECTION 3. The pentathlon may be included in an official track and field meet for girls and women.

a. The pentathlon for junior high (Ages 12-13-14) shall include the following events:
   50-yard hurdles
   8-lb. shot put
   High jump
   Running long jump
   800-meter run

b. The pentathlon for high school (Ages 15 and over) and college and open shall include the following events:
   100-meter hurdles
   8 lb./4-kilo shot put
   High jump
   Running long jump
   800-meter run

[1] AAU, 3400 W. 86th St., Indianapolis, Ind. 46268, or
[2] IAAF, 1971 (or later edition)

SECTION 4. Unless otherwise indicated below, all of the rules which govern the events of the pentathlon apply when these events are included in the pentathlon.

a. At least ½ hour rest shall be allowed each competitor between consecutive events. Competition may begin on a subsequent event prior to ½ hour after a previous event with the approval of *all* participants.
b. In included field events, when more than one flight is required, a maximum of 30 minutes shall be allowed between the last attempt of the previous flight and the beginning of competition in the next flight. In the hurdles, a maximum of 10 minutes shall be allowed between flights. (This rule is to insure, rather than limit, adequate warm-up time.) Competition may begin on a subsequent flight prior to 30 minutes (10 minutes in the hurdles) after the previous flight with the approval of *all* participants. Any athlete may demand the maximum.
c. When more than one flight is required in events, the composition of flights and the scheduled time of each flight shall be posted prior to the beginning of the pentathlon competition, except that the composition of flights in the 800 meters shall be determined prior to the start of that event.
d. In running events and hurdles, each competitor shall be timed with 3 watches or an electronic timer. The most frequent or middle time is the official time. If electronic timing is used, time and score to the nearest 1/100 second. Electric stopwatches do not qualify as electric timing; and 1/100th times must be truncated up to the next 1/10, recorded and scored accordingly.
e. In running events and hurdles, a competitor shall be disqualified after 3 false starts.
f. In field events each competitor shall be allowed 3 trials only.
g. A competitor failing to start an event shall be disqualified from further events and final placing and scoring. A competitor who has failed to complete an event successfully or who has been disqualified, will receive 0 points for that event.
h. An athlete disqualified for fouling a competitor in any event shall be permitted to compete in the remaining events unless the Referee shall rule that mere loss of points is not sufficient penalty.
i. Scoring shall be according to IAAF Women's Scoring Tables (1971 Edition or 1975 update) (See Scoring Tables, pages 59-78.)
j. Ties:
1. If two or more competitors are tied (at and place), the win-

ner shall be the competitor with the highest number of points in a majority of events.

2. If this does not resolve the tie, the winner shall be the competitor with the highest number of points in any one event.

k. If the number of competitors warrants it, the competitors may be divided into groups of not less than 6 nor more than 10, drawn by lot. These groupings shall continue throughout the competition, except the high jump and 800 meters. The order of competition within each group shall be drawn by lot.

l. Flights in the high jump shall be determined by the "best high jump" marks submitted on entry blanks; the best in one flight, next best in another flight, etc. The order of competition of flights and within flights shall be drawn by lot.

m. In hurdles and running events, flights may have 3 or more but never less than 2 competitors. The composition and order of flights in the hurdles shall be drawn by lot. The composition of flights in the 800 meters shall be determined by place after the first four events; the top placers in one flight, the next best placers in another flight, etc. Lanes shall be drawn by lot. The order of flights in the 800 meters shall be drawn by lot.

n. Prior to the first flight in each running event, the starter shall give specific information, and a demonstration of how the start will be given.

o. For record or compilation purposes in outdoor competitions, average wind velocity must be measured and recorded for the hurdles and long jump. Maximum allowable readings in pentathlon only are 4 meters per second (8.94 miles per hour, 787.4 feet per minute).

PENTATHLON – TRIATHLON SCORING TABLES

50 Meter Hurdles (4 hurdles):

Time	*Points*	*Time*	*Points*	*Time*	*Points*	*Time*	*Points*
		8.0	671	10.0	363	13.0	72
		8.1	652	10.1	350	13.1	65
6.2	1129	8.2	633	10.2	338	13.2	58
6.3	1097	8.3	615	10.3	326	13.3	51
6.4	1066	8.4	597	10.4	314	13.4	44
6.5	1035	8.5	580	10.5	302	13.5	37
6.6	1005	8.6	563	10.6	290	13.6	31
6.7	976	8.7	547	10.7	279	13.7	25
6.8	948	8.8	531	10.8	268	13.8	19
6.9	921	8.9	515	10.9	257	13.9	13
7.0	895	9.0	500	11.0	246	14.0	8
7.1	870	9.1	485	11.1	236	14.1	3
7.2	846	9.2	470	11.2	226	14.2	0
7.3	822	9.3	456	11.3	216		
7.4	799	9.4	442	11.4	206		
7.5	776	9.5	428	11.5	196		
7.6	754	9.6	415	11.6	187		
7.7	732	9.7	402	11.7	178		
7.8	711	9.8	389	11.8	169		
7.9	691	9.9	376	11.9	160		

100-METER HURDLES

Seconds	*Points*						
11.8	1195						
11.9	1177						
12.0	1160	13.0	1002	14.0	866	15.0	748
12.1	1143	13.1	987	14.1	853	15.1	737
12.2	1126	13.2	973	14.2	841	15.2	727
12.3	1110	13.3	959	14.3	829	15.3	716
12.4	1094	13.4	945	14.4	817	15.4	705
12.5	1078	13.5	931	14.5	805	15.5	695
12.6	1062	13.6	918	14.6	793	15.6	685
12.7	1047	13.7	905	14.7	782	15.7	675
12.8	1031	13.8	891	14.8	770	15.8	665
12.9	1016	13.9	879	14.9	759	15.9	655

100-METER HURDLES

Seconds	*Points*	*Seconds*	*Points*	*Seconds*	*Points*		
16.0	645	19.0	404	22.0	226	25.0	91
16.1	636	19.1	398	22.1	221	25.1	87
16.2	626	19.2	391	22.2	216	25.2	83
16.3	617	19.3	384	22.3	211	25.3	79
16.4	608	19.4	377	22.4	206	25.4	75
16.5	598	19.5	371	22.5	201	25.5	72
16.6	589	19.6	364	22.6	196	25.6	68
16.7	580	19.7	358	22.7	191	25.7	64
16.8	572	19.8	352	22.8	187	25.8	60
16.9	563	19.9	345	22.9	182	25.9	57
17.0	554	20.0	339	23.0	177	26.0	53
17.1	546	20.1	333	23.1	173	26.1	49
17.2	537	20.2	327	23.2	168	26.2	46
17.3	529	20.3	321	23.3	163	26.3	42
17.4	521	20.4	315	23.4	159	26.4	38
17.5	513	20.5	309	23.5	154	26.5	35
17.6	505	20.6	303	23.6	150	26.6	31
17.7	499	20.7	297	23.7	145	26.7	28
17.8	493	20.8	291	23.8	141	26.8	24
17.9	485	20.9	286	23.9	137	26.9	21
18.0	477	21.0	280	24.0	132	27.0	18
18.1	479	21.1	274	24.1	128	27.1	14
18.2	462	21.2	269	24.2	124	27.2	11
18.3	454	21.3	263	24.3	120	27.3	7
18.4	447	21.4	258	24.4	115	27.4	4
18.5	440	21.5	252	24.5	111	27.5	1
18.6	433	21.6	247	24.6	107		
18.7	425	21.7	242	24.7	103		
18.8	418	21.8	237	24.8	99		
18.9	411	21.9	231	24.9	95		

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
21.00	1200	20.78	1190	20.57	1180	20.36	1170
20.97	1199	20.76	1189	20.55	1179	20.34	1169
20.95	1198	20.74	1188	20.53	1178	20.32	1168
20.93	1197	20.72	1187	20.51	1177	20.30	1167
20.91	1196	20.70	1186	20.49	1176	20.28	1166
20.89	1195	20.68	1185	20.47	1175	20.26	1165
20.87	1194	20.66	1184	20.45	1174	20.24	1164
20.85	1193	20.64	1183	20.42	1173	20.21	1163
20.83	1192	20.61	1182	20.40	1172	20.19	1162
20.80	1191	20.59	1181	20.38	1171	20.17	1161

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
20.15	1160	19.33	1120	18.52	1080	17.72	1040
20.13	1159	19.31	1119	18.50	1079	17.70	1039
20.11	1158	19.28	1118	18.48	1078	17.69	1038
20.09	1157	19.26	1117	18.46	1077	17.67	1037
20.07	1156	19.24	1116	18.44	1076	17.65	1036
20.05	1155	19.22	1115	18.42	1075	17.63	1035
20.03	1154	19.20	1114	18.40	1074	17.61	1034
20.01	1153	19.18	1113	18.38	1073	17.59	1033
19.99	1152	19.16	1112	18.36	1072	17.57	1032
19.96	1151	19.14	1111	18.34	1071	17.55	1031
19.94	1150	19.12	1110	18.32	1070	17.53	1030
19.92	1149	19.10	1109	18.30	1069	17.51	1029
19.90	1148	19.08	1108	18.28	1068	17.49	1028
19.88	1147	19.06	1107	18.26	1067	17.47	1027
19.86	1146	19.04	1106	18.24	1066	17.45	1026
19.84	1145	19.02	1105	18.22	1065	17.43	1025
19.82	1144	19.00	1104	18.20	1064	17.41	1024
19.80	1143	18.98	1103	18.18	1063	17.39	1023
19.78	1142	18.96	1102	18.16	1062	17.37	1022
19.76	1141	18.94	1101	18.14	1061	17.35	1021
19.74	1140	18.92	1100	18.12	1060	17.34	1020
19.72	1139	18.90	1099	18.10	1059	17.32	1019
19.70	1138	18.88	1098	18.08	1058	17.30	1018
19.67	1137	18.86	1097	18.06	1057	17.28	1017
19.65	1136	18.84	1096	18.04	1056	17.26	1016
19.63	1135	18.82	1095	18.02	1055	17.24	1015
19.61	1134	18.80	1094	18.00	1054	17.22	1014
19.59	1133	18.78	1093	17.98	1053	17.20	1013
19.57	1132	18.76	1092	17.96	1052	17.18	1012
19.55	1131	18.74	1091	17.94	1051	17.16	1011
19.53	1130	18.72	1090	17.92	1050	17.14	1010
19.51	1129	18.70	1089	17.90	1049	17.12	1009
19.49	1128	18.68	1088	17.88	1048	17.10	1008
19.47	1127	18.66	1087	17.86	1047	17.08	1007
19.45	1126	18.64	1086	17.84	1046	17.07	1006
19.43	1125	18.62	1085	17.82	1045	17.05	1005
19.41	1124	18.60	1084	17.80	1044	17.03	1004
19.39	1123	18.58	1083	17.78	1043	17.01	1003
19.37	1122	18.56	1082	17.76	1042	16.99	1002
19.35	1121	18.54	1081	17.74	1041	16.97	1001

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
16.95	1000	16.19	960	15.45	920	14.73	880
16.93	999	16.17	959	15.43	919	14.71	879
16.91	998	16.16	958	15.42	918	14.69	878
16.89	997	16.14	957	14.40	917	14.68	877
16.87	995	16.12	956	15.38	916	14.66	876
16.85	995	16.10	955	15.36	915	14.64	875
16.84	994	16.08	954	15.34	914	14.62	874
16.82	993	16.06	953	15.33	913	14.61	873
16.80	992	16.04	952	15.31	912	14.59	872
16.78	991	16.02	951	15.29	911	14.57	871
16.76	990	16.01	950	15.27	910	14.55	870
16.74	989	15.99	949	15.25	909	14.53	869
16.72	988	15.97	948	15.23	908	14.52	868
16.70	987	15.95	947	15.22	907	14.50	867
16.68	986	15.93	946	15.20	906	14.48	866
16.66	985	15.91	945	15.18	905	14.46	865
16.65	984	15.89	944	15.16	904	14.45	864
16.63	983	15.88	943	15.14	903	14.43	863
16.61	982	15.86	942	15.13	902	14.41	862
16.59	981	15.84	941	15.11	901	14.39	861
16.57	980	15.82	940	15.09	900	14.38	860
16.55	979	15.80	939	15.07	899	14.36	859
16.53	978	15.78	938	15.05	898	14.34	858
16.51	977	15.77	937	15.04	897	14.32	857
16.49	976	15.75	936	15.02	896	14.30	856
16.47	975	15.73	935	15.00	895	14.29	855
16.46	974	15.71	934	14.98	894	14.27	854
16.44	973	15.69	933	14.96	893	14.25	853
16.42	972	15.67	932	14.95	892	14.23	852
16.40	971	15.65	931	14.93	891	14.22	851
16.38	970	15.64	930	14.91	890	14.20	850
16.36	969	15.62	929	14.89	889	14.18	849
16.34	968	15.60	928	14.87	888	14.17	848
16.32	967	15.58	927	14.86	887	14.15	847
16.31	966	15.56	926	14.84	886	14.13	846
16.29	965	15.54	925	14.82	885	14.11	845
16.27	964	15.53	924	14.80	884	14.09	844
16.25	963	15.51	923	14.78	883	14.08	843
16.23	962	15.49	922	14.77	882	14.06	842
16.21	961	15.47	921	14.75	881	14.04	841

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
14.02	840	13.34	800	12.67	760	12.01	720
14.01	839	13.32	799	12.65	759	12.00	719
13.99	838	13.30	798	12.63	758	11.98	718
13.97	837	13.29	797	12.62	757	11.96	717
13.96	836	13.27	796	12.60	756	11.95	716
13.94	835	13.25	795	12.58	755	11.93	715
13.92	834	13.24	794	12.57	754	11.92	714
13.90	833	13.22	793	12.55	753	11.90	713
13.89	832	13.20	792	12.53	752	11.88	712
13.87	831	13.18	791	12.52	751	11.87	711
13.85	830	13.17	790	12.50	750	11.85	710
13.83	829	13.15	789	12.48	749	11.84	709
13.82	828	13.13	788	12.47	748	11.82	708
13.80	827	13.12	787	12.45	747	11.80	707
13.78	826	13.10	786	12.44	746	11.79	706
13.76	825	13.08	785	12.42	745	11.77	705
13.75	824	13.07	784	12.40	744	11.76	704
13.73	823	13.05	783	12.39	743	11.74	703
13.71	822	13.03	782	12.37	742	11.72	702
13.70	821	13.02	781	12.35	741	11.71	701
13.68	820	13.00	780	12.34	740	11.69	700
13.66	819	12.98	779	12.32	739	11.68	699
13.64	818	12.97	778	12.30	738	11.66	698
13.63	817	12.95	777	12.29	737	11.64	697
13.61	816	12.93	776	12.27	736	11.63	696
13.59	815	12.92	775	12.26	735	11.61	695
13.58	814	12.90	774	12.24	734	11.60	694
13.56	813	12.88	773	12.22	733	11.58	693
13.54	812	12.87	772	12.21	732	11.57	692
13.52	811	12.85	771	12.19	731	11.55	691
13.51	810	12.83	770	12.17	730	11.53	690
13.49	809	12.82	769	12.16	729	11.52	689
13.47	808	12.80	768	12.14	728	11.50	688
13.46	807	12.78	767	12.13	727	11.49	687
13.44	806	12.77	766	12.11	726	11.47	686
13.42	805	12.75	765	12.09	725	11.46	685
13.40	804	12.73	764	12.08	724	11.44	684
13.39	803	12.72	763	12.06	723	11.42	683
13.37	802	12.70	762	12.04	722	11.41	682
13.35	801	12.68	761	12.03	721	11.39	681

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
11.38	680	10.76	640	10.16	600	9.57	560
11.36	679	10.74	639	10.14	599	9.56	559
11.35	678	10.73	638	10.13	598	9.54	558
11.33	677	10.71	637	10.11	597	9.53	557
11.31	676	10.70	636	10.10	596	9.51	556
11.30	675	10.68	635	10.08	595	9.50	555
11.28	674	10.67	634	10.07	594	9.49	554
11.27	673	10.65	633	10.05	593	9.47	553
11.25	672	10.64	632	10.04	592	9.46	552
11.24	671	10.62	631	10.02	591	9.44	551
11.22	670	10.61	630	10.01	590	9.43	550
11.20	669	10.59	629	9.99	589	9.41	549
11.19	668	10.58	628	9.98	588	9.40	548
11.17	667	10.56	627	9.96	587	9.39	547
11.16	666	10.55	626	9.95	596	9.37	546
11.14	665	10.53	625	9.94	585	9.36	545
11.13	664	10.52	624	9.92	584	9.34	544
11.11	663	10.50	623	9.91	583	9.33	543
11.10	662	10.48	622	9.89	582	9.31	542
11.08	661	10.47	621	9.88	581	9.30	541
11.06	660	10.45	620	9.86	580	9.29	540
11.05	659	10.44	619	9.85	579	9.27	539
11.03	658	10.42	618	9.83	578	9.26	538
11.02	657	10.41	617	9.82	577	9.24	537
11.00	656	10.39	616	9.80	576	9.23	536
10.99	655	10.38	615	9.79	575	9.22	535
10.97	654	10.36	614	9.77	574	9.20	534
10.96	653	10.35	615	9.76	573	9.19	533
10.94	652	10.33	612	9.75	572	9.17	532
10.93	651	10.32	611	9.73	571	9.16	531
10.91	650	10.30	610	9.72	570	9.15	530
10.90	649	10.29	609	9.70	569	9.13	529
10.88	648	10.28	608	9.69	568	9.12	528
10.86	647	10.26	607	9.67	567	9.10	527
10.85	646	10.25	606	9.66	566	9.09	526
10.83	645	10.23	605	9.64	565	9.08	525
10.82	644	10.22	604	9.63	564	9.06	524
10.80	643	10.20	603	9.62	563	9.05	523
10.79	642	10.19	602	9.60	562	9.03	522
10.77	641	10.17	601	9.59	561	9.02	521

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
9.01	520	8.46	480	7.92	440	7.41	400
8.99	519	8.44	479	7.91	439	7.40	399
8.98	518	8.43	478	7.90	438	7.38	398
8.96	517	8.41	477	7.88	437	7.37	397
8.95	516	8.40	476	7.87	436	7.36	396
8.94	515	8.39	475	7.86	435	7.35	395
8.92	514	8.37	474	7.84	434	7.33	394
8.91	513	8.36	473	7.83	433	7.32	393
8.89	512	8.34	472	7.82	432	7.31	392
8.88	511	8.33	471	7.81	431	7.29	391
8.87	510	8.32	470	7.79	430	7.28	390
8.85	509	8.31	469	7.78	429	7.27	389
8.84	508	8.29	468	7.77	428	7.26	388
8.82	507	8.28	467	7.75	427	7.24	387
8.81	506	8.27	466	7.74	426	7.23	386
8.80	505	8.25	465	7.73	425	7.22	385
8.78	504	8.24	464	7.72	424	7.21	384
8.77	503	8.23	463	7.70	423	7.19	383
8.76	502	8.21	462	7.69	422	7.18	382
8.74	501	8.20	461	7.68	421	7.17	381
8.73	500	8.19	460	7.66	420	7.16	380
8.71	499	8.17	459	7.65	419	7.14	379
8.70	498	8.16	458	7.64	418	7.13	378
8.69	497	8.15	457	7.62	417	7.12	377
8.67	496	8.13	456	7.61	416	7.11	376
8.66	495	8.12	455	7.60	415	7.10	375
8.65	494	8.11	454	7.59	414	7.08	374
8.63	493	8.09	453	7.57	413	7.07	373
8.62	492	8.08	452	7.56	412	7.06	372
8.60	491	8.07	451	7.55	411	7.05	371
8.59	490	8.05	450	7.54	410	7.03	370
8.58	489	8.04	449	7.52	409	7.02	369
8.56	488	8.03	448	7.51	408	7.01	368
8.55	487	8.02	447	7.50	407	7.00	367
8.54	486	8.00	446	7.48	406	6.98	366
8.52	485	7.99	445	7.47	405	6.97	365
8.51	484	7.98	444	7.46	404	6.96	364
8.50	483	7.96	443	7.45	403	6.95	363
8.48	482	7.95	442	7.43	402	6.93	362
8.47	481	7.94	441	7.42	401	6.92	361

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
6.91	360	6.43	320	5.97	280	5.52	240
6.90	359	6.42	319	5.96	279	5.51	239
6.89	358	6.41	318	5.94	278	5.50	238
6.87	357	6.39	317	5.93	277	5.49	237
6.86	356	6.38	316	5.92	276	5.48	236
6.85	355	6.37	315	5.91	275	5.47	235
6.84	354	6.36	314	5.90	274	5.46	234
6.83	353	6.35	313	5.89	273	5.45	233
6.81	352	6.34	312	5.88	272	5.43	232
6.80	351	6.32	311	5.87	271	5.42	231
6.79	350	6.31	310	5.85	270	5.41	230
6.78	349	6.30	309	5.84	269	5.40	229
6.76	348	6.29	308	5.83	268	5.39	228
6.75	347	6.28	307	5.82	267	5.38	227
6.74	346	6.27	306	5.81	266	5.37	226
6.73	345	6.25	305	5.80	265	5.36	225
6.72	344	6.24	304	5.79	264	5.35	224
6.70	343	6.23	303	5.78	263	5.34	223
6.69	342	6.22	302	5.76	262	5.33	222
6.68	341	6.21	301	5.75	261	5.32	221
6.67	340	6.20	300	5.74	260	5.30	220
6.66	339	6.18	299	5.73	259	5.29	219
6.64	338	6.17	298	5.72	258	5.28	218
6.63	337	6.16	297	5.71	257	5.27	217
6.62	336	6.15	296	5.70	256	5.26	216
6.61	335	6.14	295	5.69	255	5.25	215
6.60	334	6.13	294	5.68	254	5.24	214
6.58	333	6.12	293	5.66	253	5.23	213
6.57	332	6.10	292	5.65	252	5.22	212
6.56	331	6.09	291	5.64	251	5.21	211
6.55	330	6.08	290	5.63	250	5.20	210
6.54	329	6.07	289	5.62	249	5.19	209
6.52	328	6.06	288	5.61	248	5.18	208
6.51	327	6.05	287	5.60	247	5.17	207
6.50	326	6.04	286	5.59	246	5.16	206
6.49	325	6.02	285	5.58	245	5.15	205
6.48	324	6.01	284	5.57	244	5.13	204
6.47	323	6.00	283	5.55	243	5.12	203
6.45	322	5.99	282	5.54	242	5.11	202
6.44	321	5.98	281	5.53	241	5.10	201

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
5.09	200	4.68	160	4.29	120	3.91	80
5.08	199	4.67	159	4.28	119	3.90	79
5.07	198	4.66	158	4.27	118	3.89	78
5.06	197	4.65	157	4.26	117	3.88	77
5.05	196	4.64	156	4.25	116	3.87	76
5.04	195	4.63	155	4.24	115	--	75
5.03	194	4.62	154	4.23	114	3.86	74
5.02	193	4.61	153	4.22	113	3.85	73
5.01	192	4.60	152	4.21	112	3.84	72
5.00	191	4.59	151	4.20	111	3.83	71
4.99	190	4.58	150	4.19	110	3.82	70
4.98	189	4.57	149	4.18	109	3.81	69
4.97	188	4.56	148	4.17	108	3.80	68
4.96	187	4.55	147	4.16	107	3.79	67
4.95	186	4.54	146	4.15	106	3.78	66
4.94	185	4.53	145	4.14	105	3.77	65
4.93	184	4.52	144	--	104	--	64
4.92	183	4.51	143	4.13	103	3.76	63
4.91	182	4.50	142	4.12	102	3.75	62
4.90	181	4.49	141	4.11	101	3.74	61
4.89	180	4.48	140	4.10	100	3.73	60
4.87	179	4.47	139	4.09	99	3.72	59
4.86	178	4.46	138	4.08	98	3.71	58
4.85	177	4.45	137	4.07	97	3.70	57
4.84	176	4.44	136	4.06	96	3.69	56
4.83	175	4.43	135	4.05	95	3.68	55
4.82	174	4.42	134	4.04	94	--	54
4.81	173	4.41	133	4.03	93	3.67	53
4.80	172	4.40	132	4.02	92	3.66	52
4.79	171	4.39	131	4.01	91	3.65	51
4.78	170	4.38	130	4.00	90	3.64	50
4.77	169	4.37	129	3.99	89	3.63	49
4.76	168	--	128	--	88	3.62	48
4.75	167	4.36	127	3.98	87	3.61	47
4.74	166	4.35	126	3.97	86	3.60	46
4.73	165	4.34	125	3.96	85	--	45
4.72	164	4.33	124	3.95	84	3.59	44
4.71	163	4.32	123	3.94	83	3.58	43
4.70	162	4.31	122	3.93	82	3.57	42
4.69	161	4.30	121	3.92	81	3.56	41

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
3.64	50	3.46	30	3.38	20	3.29	10
3.63	49	--	29	3.37	19	--	9
3.62	48	3.45	28	3.36	18	3.28	8
3.61	47	3.44	27	3.35	17	3.27	7
3.60	46	3.43	26	3.34	16	3.26	6
--	45	3.42	25	--	15	3.25	5
3.59	44	3.41	24	3.33	14	3.24	4
3.58	43	3.40	23	3.32	13	--	3
3.57	42	--	22	3.31	12	3.23	2
3.56	41	3.39	21	3.30	11	3.22	1

HIGH JUMP

M.	Points	M.	Points	M.	Points	M.	Points
		1.75	983	1.50	726	1.25	422
		1.74	974	1.49	715	1.24	408
1.98	1193	1.73	964	1.48	704	1.23	395
1.97	1184	1.72	954	1.47	693	1.22	381
1.96	1175	1.71	945	1.46	682	1.21	367
1.95	1166	1.70	935	1.45	670	1.20	353
1.94	1158	1.69	925	1.44	659	1.19	338
1.93	1149	1.68	915	1.43	647	1.18	324
1.92	1140	1.67	905	1.42	635	1.17	309
1.91	1131	1.66	895	1.41	624	1.16	294
1.90	1122	1.65	885	1.40	612	1.15	279
1.89	1113	1.64	875	1.39	600	1.14	264
1.88	1104	1.63	865	1.38	588	1.13	249
1.87	1095	1.62	854	1.37	576	1.12	233
1.86	1086	1.61	844	1.36	564	1.11	217
1.85	1077	1.60	834	1.35	551	1.10	201
1.84	1068	1.59	823	1.34	539	1.09	185
1.83	1059	1.58	813	1.33	526	1.08	168
1.82	1049	1.57	802	1.32	514	1.07	152
1.81	1040	1.56	791	1.31	501	1.06	135
1.80	1031	1.55	781	1.30	488	1.05	117
1.79	1021	1.54	770	1.29	475	1.04	100
1.78	1012	1.53	759	1.28	462	1.03	82
1.77	1002	1.52	748	1.27	449	1.02	64
1.76	993	1.51	737	1.26	435	1.01	45

LONG JUMP

M.	Points	M.	Points	M.	Points	M.	Points
7.40	1197	7.00	1117	6.60	1035	6.20	950
7.39	1195	6.99	1115	6.59	1033	6.19	947
7.38	1193	6.98	1113	6.58	1030	6.18	945
7.37	1191	6.97	1111	6.57	1028	6.17	943
7.36	1189	6.96	1109	6.56	1026	6.16	941
7.35	1187	6.95	1107	6.55	1024	6.15	939
7.34	1185	6.94	1105	6.54	1022	6.14	937
7.33	1183	6.93	1103	6.53	1020	6.13	934
7.32	1181	6.92	1101	6.52	1018	6.12	932
7.31	1179	6.91	1099	6.51	1016	6.11	930
7.30	1177	6.90	1097	6.50	1014	6.10	928
7.29	1176	6.89	1095	6.49	1012	6.09	926
7.28	1174	6.88	1093	6.48	1009	6.08	924
7.27	1172	6.87	1091	6.47	1007	6.07	921
7.26	1170	6.86	1089	6.46	1005	6.06	919
7.25	1168	6.85	1087	6.45	1003	6.05	917
7.24	1166	6.84	1084	6.44	1001	6.04	915
7.23	1164	6.83	1082	6.43	999	6.03	913
7.22	1162	6.82	1080	6.42	997	6.02	910
7.21	1160	6.81	1078	6.41	995	6.01	908
7.20	1158	6.80	1076	6.40	992	6.00	906
7.19	1156	6.79	1074	6.39	990	5.99	904
7.18	1154	6.78	1072	6.38	988	5.98	902
7.17	1152	6.77	1070	6.37	986	5.97	900
7.16	1150	6.76	1068	6.36	984	5.96	897
7.15	1147	6.75	1066	6.35	982	5.95	895
7.14	1145	6.74	1064	6.34	980	5.94	893
7.13	1143	6.73	1063	6.33	978	5.93	891
7.12	1141	6.72	1060	6.32	975	5.92	888
7.11	1139	6.71	1058	6.31	973	5.91	886
7.10	1137	6.70	1056	6.30	971	5.90	884
7.09	1135	6.69	1053	6.29	969	5.89	882
7.08	1133	6.68	1051	6.28	967	5.88	880
7.07	1131	6.67	1049	6.27	965	5.87	877
7.06	1129	5.66	1047	6.26	963	5.86	875
7.05	1127	6.65	1045	6.25	960	5.85	873
7.04	1125	6.64	1043	6.24	958	5.84	871
7.03	1123	6.63	1041	6.23	956	5.83	869
7.02	1121	6.62	1039	6.22	954	5.82	866
7.01	1119	6.61	1037	6.21	952	5.81	864

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LONG JUMP

M.	Points	M.	Points	M.	Points	M.	Points
5.80	862	5.40	771	5.00	677	4.60	578
5.79	860	5.39	769	4.99	674	4.59	576
5.78	857	5.38	766	4.98	672	4.58	573
5.77	855	5.37	764	4.97	669	4.57	571
5.76	853	5.36	762	4.96	667	4.56	568
5.75	851	5.35	759	4.95	665	4.55	566
5.74	848	5.34	757	4.94	662	4.54	563
5.73	846	5.33	755	4.93	660	4.53	561
5.72	844	5.32	752	4.92	657	4.52	558
5.71	842	5.31	750	4.91	655	4.51	556
5.70	839	5.30	748	4.90	652	4.50	553
5.69	837	5.29	745	4.89	650	4.49	551
5.68	835	5.28	743	4.88	648	4.48	548
5.67	833	5.27	741	4.87	645	4.47	546
5.66	830	5.26	738	4.86	643	4.46	543
5.65	828	5.25	736	4.85	640	4.45	541
5.64	826	5.24	734	4.84	638	4.44	538
5.63	824	5.23	731	4.83	635	4.43	535
5.62	821	5.22	729	4.82	633	4.42	533
5.61	819	5.21	727	4.81	630	4.41	530
5.60	817	5.20	724	4.80	628	4.40	528
5.59	815	5.19	722	4.79	626	4.39	525
5.58	812	5.18	720	4.78	623	4.38	523
5.57	810	5.17	717	4.77	621	4.37	520
5.56	808	5.16	715	4.76	618	4.36	517
5.55	805	5.15	712	4.75	616	4.35	515
5.54	803	5.14	710	4.74	613	4.34	512
5.53	801	5.13	708	4.73	611	4.33	510
5.52	799	5.12	705	4.72	608	4.32	507
5.51	796	5.11	703	4.71	606	4.31	505
5.50	794	5.10	701	4.70	603	4.30	502
5.49	792	5.09	698	4.69	601	4.29	499
5.48	789	5.08	696	4.68	598	4.28	497
5.47	787	5.07	693	4.67	596	4.27	494
5.46	785	5.06	691	4.66	593	4.26	492
5.45	782	5.05	689	4.65	591	4.25	489
5.44	780	5.04	686	4.64	588	4.24	486
5.43	778	5.03	684	4.63	586	4.23	484
5.42	776	5.02	681	4.62	583	4.22	481
5.41	773	5.01	679	4.61	581	4.21	479

LONG JUMP

M.	Points	M.	Points	M.	Points	M.	Points
4.20	476	3.80	368	3.40	255	3.00	135
4.19	473	3.79	366	3.39	252	2.99	132
4.18	471	3.78	363	3.38	249	2.98	129
4.17	468	3.77	360	3.37	246	2.97	125
4.16	465	3.76	357	3.36	243	2.96	122
4.15	463	3.75	355	3.35	240	2.95	119
4.14	460	3.74	352	3.34	237	2.94	116
4.13	457	3.73	349	3.33	234	2.93	113
4.12	455	3.72	346	3.32	232	2.92	110
4.11	452	3.71	343	3.31	229	2.91	107
4.10	449	3.70	341	3.30	226	2.90	103
4.09	447	3.69	338	3.29	223	2.89	100
4.08	444	3.68	335	3.28	220	2.88	97
4.07	442	3.67	332	3.27	217	2.87	94
4.06	439	3.66	329	3.26	214	2.86	91
4.05	436	3.65	327	3.25	211	2.85	88
4.04	434	2.64	324	3.24	208	2.84	84
4.03	331	3.63	321	3.23	205	2.83	81
4.02	428	3.62	318	3.22	202	2.82	78
4.01	425	3.61	315	3.21	199	2.81	75
4.00	423	3.60	312	3.20	196	2.80	72
3.99	420	3.59	310	3.19	193	2.79	68
3.98	417	3.58	307	3.18	190	2.78	65
3.97	415	3.57	304	3.17	187	2.77	62
3.96	412	3.56	301	3.16	184	2.76	59
3.95	409	3.55	298	3.15	181	2.75	55
3.94	407	3.54	295	3.14	178	2.74	52
3.93	404	3.53	293	3.13	175	2.73	49
3.92	401	3.52	290	3.12	172	2.72	46
3.91	398	3.51	287	3.11	169	2.71	42
3.90	396	3.50	284	3.10	166	2.70	39
3.89	393	3.49	281	3.09	162	2.69	36
3.88	390	3.48	278	3.08	159	2.68	33
3.87	388	3.47	275	3.07	156	2.67	29
3.86	385	3.46	272	3.06	153	2.66	26
3.85	382	3.45	269	3.05	150	2.65	23
3.84	379	3.44	267	3.04	147	2.64	19
3.83	377	3.43	264	3.03	144	2.63	16
3.82	374	3.42	261	3.02	141	2.62	13
3.81	371	3.41	258	3.01	138	2.61	10
						2.60	6

800 Meters Pentathlon
Scoring Table

	800M mins.		800M mins.		800M mins.		800M mins.		800M mins.		800M mins.
1200	1:53.6	1168	1:55.3	1136	-	1104	-	1072	2:00.7	1040	-
1199	1:53.7	1167	1:55.4	1135	1:57.1	1103	1:58.9	1071	2:00.8	1039	2:02.7
1198	-	1166	-	1134	1:57.2	1102	1:59.0	1070	-	1038	-
1197	1:53.8	1165	1:55.5	1133	-	1101	-	1069	2:00.9	1037	2:02.8
1196	-	1164	-	1132	1:57.3	1100	1:59.1	1068	-	1036	2:02.9
1195	1:53.9	1163	1:55.6	1131	-	1099	-	1067	2:01.0	1035	-
1194	-	1162	-	1130	1:57.4	1098	1:59.2	1066	2:01.1	1034	2:03.0
1193	1:54.0	1161	1:55.7	1129	-	1097	-	1065	-	1033	-
1192	-	1160	-	1128	1:57.5	1096	1:59.3	1064	2:01.2	1032	2:03.1
1191	1:54.1	1159	1:55.8	1127	-	1095	1:59.4	1063	-	1031	2:03.2
1190	-	1158	-	1126	1:57.6	1094	-	1062	2:01.3	1030	-
1189	1:54.2	1157	1:55.9	1125	1:57.7	1093	1:59.5	1061	2:01.4	1029	2:03.3
1188	-	1156	-	1124	-	1092	-	1060	-	1028	2:03.4
1187	1:54.3	1155	1:56.0	1123	1:57.8	1091	1:59.6	1059	2:01.5	1027	-
1186	-	1154	1:56.1	1122	-	1090	-	1058	-	1026	2:03.5
1185	1:54.4	1153	-	1121	1:57.9	1089	1:59.7	1057	2:01.6	1025	-
1184	-	1152	1:56.2	1120	-	1088	1:59.8	1056	2:01.7	1024	2:03.6
1183	1:54.5	1151	-	1119	1:58.0	1087	-	1055	-	1023	2:03.7
1182	-	1150	1:56.3	1118	-	1086	1:59.9	1054	2:01.8	1022	-
1181	1:54.6	1149	-	1117	1:58.1	1085	-	1053	-	1021	2:03.8
1180	1:54.7	1148	1:56.4	1116	1:58.2	1084	2:00.0	1052	2:01.9	1020	-
1179	-	1147	-	1115	-	1083	2:00.1	1051	2:02.0	1019	2:03.9
1178	1:54.8	1146	1:56.5	1114	1:58.3	1082	-	1050	-	1018	2:04.0
1177	-	1145	-	1113	-	1081	2:00.2	1049	2:02.1	1017	-
1176	1:54.9	1144	1:56.6	1112	1:58.4	1080	-	1048	-	1016	2:04.1
1175	-	1143	1:56.7	1111	-	1079	2:00.3	1047	2:02.2	1015	2:04.2
1174	1:55.0	1142	-	1110	1:58.5	1078	-	1046	2:02.3	1014	-
1173	-	1141	1:56.8	1109	1:58.6	1077	2:00.4	1045	-	1013	2:04.3
1172	1:55.1	1140	-	1108	-	1076	2:00.5	1044	2:02.4	1012	-
1171	-	1139	1:56.9	1107	1:58.7	1075	-	1043	-	1011	2:04.4
1170	1:55.2	1138	-	1106	-	1074	2:00.6	1042	2:02.5	1010	2:04.5
1169	-	1137	1:57.0	1105	1:58.8	1073	-	1041	2:02.6	1009	-

	800M mins.		800M mins.		800M mins.		800M mins.		800M mins.		800M mins.
1008	2:04.6	972	2:06.9	936	2:09.3	900	2:11.8	864	-	828	-
1007	2:04.7	971	2:07.0	935	2:09.4	899	-	863	2:14.4	827	2:17.1
1006	-	970	-	934	-	898	2:11.9	862	2:14.5	826	2:17.2
1005	2:04.8	969	2:07.1	933	2:09.5	897	2:12.0	861	2:14.6	825	2:17.3
1004	-	968	2:07.2	932	2:09.6	896	2:12.1	860	-	824	-
1003	2:04.9	967	-	931	-	895	-	859	2:14.7	823	2:17.4
1002	2:05.0	966	2:07.3	930	2:09.7	894	2:12.2	858	2:14.8	822	2:17.5
1001	-	965	2:07.4	929	2:09.8	893	2:12.3	857	2:14.9	821	2:17.6
1000	2:05.1	964	-	928	-	892	-	856	-	820	-
999	2:05.2	963	2:07.5	927	2:09.9	891	2:12.4	855	2:15.0	819	2:17.7
998	-	962	2:07.6	926	2:10.0	890	2:12.5	854	2:15.1	818	2:17.8
997	2:05.3	961	-	925	2 -	889	-	853	2:15.2	817	2:17.9
996	2:05.4	960	2:07.7	924	2:10.1	888	2:12.6	852	-	816	-
995	-	959	2:07.8	923	2:10.2	887	2:12.7	851	2:15.3	815	2:18.0
994	2:05.5	958	-	922	-	886	2:12.8	850	2:15.4	814	2:18.1
993	-	957	2:07.9	921	2:10.3	885	-	849	2:15.5	813	2:18.2
992	2:05.6	956	-	920	2:10.4	884	2:12.9	848	-	812	2:18.3
991	2:05.7	955	2:08.0	919	-	883	2:13.0	847	2:15.6	811	-
990	-	954	2:08.1	918	2:10.5	882	-	846	2:15.7	810	2:18.4
989	2:05.8	953	-	917	2:10.6	881	2:13.1	845	-	809	2:18.5
988	2:05.9	952	2:08.2	916	2:10.7	880	2:13..	844	2:15.8	808	2:18.6
987	-	951	2:08.3	915	-	879	2:13.3	843	2:15.9	807	-
986	2:06.0	950	-	914	2:10.8	878	-	842	2:16.0	806	2:18.7
985	2:06.1	949	2:08.4	913	2:10.9	877	2:13.4	841	-	805	2:18.8
984	-	948	2:08.5	912	-	876	2:13.5	840	2:16.1	804	2:18.9
983	2:06.2	947	-	911	2:11.0	875	-	839	2:16.2	803	2:19.0
982	2:06.3	946	2:08.6	910	2:11.1	874	2:13.6	838	2:16.3	802	-
981	-	945	2:08.7	909	-	873	2:13.7	837	-	801	2:19.1
980	2:06.4	944	-	908	2:11.2	872	2:13.8	836	2:16.4	800	2:19.2
979	-	943	2:08.8	907	2:11.3	871	-	835	2:16.5	799	2:19.3
978	2:06.5	942	2:08.9	906	-	870	2:13.9	834	2:16.6	798	-
977	2:06.6	941	2:09.0	905	2:11.4	869	2:14.0	833	-	797	2:19.4
976	-	940	-	904	2:11.5	868	2:14.1	832	2:16.7	796	2:19.5
975	2:06.7	939	2:09.1	903	2:11.6	867	-	831	2:16.8	795	2:19.6
974	2:06.8	938	2:09.2	902	-	866	2:14.2	830	2:16.9	794	2:19.7
973	-	937	-	901	2:11.7	865	2:14.3	829	2:17.0	793	-

	800M mins.		800M mins.		800M mins.		800M mins.		800M mins.		800M mins.
792	2:19.8	756	2:22.7	720	2:25.8	684	2:28.9	648	2:32.2	612	2:35.7
791	2:19.9	755	2:22.8	719	-	683	2:29.0	647	2:32.3	611	2:35.8
790	2:20.0	754	2:22.9	718	2:25.9	682	2:29.1	646	2:32.4	610	2:35.9
789	2:20.1	753	2:23.0	717	2:26.0	681	2:29.2	645	2:32.5	609	2:36.0
788	-	752	2:23.1	716	2:26.1	680	2:29.3	644	2:32.6	608	2:36.1
787	2:20.2	751	-	715	2:26.2	679	2:29.4	643	2:32.7	607	2:36.2
786	2:20.3	750	2:23.2	714	2:26.3	678	2:29.5	642	2:32.8	606	2:36.3
785	2:20.4	749	2:23.3	713	2:26.4	677	--	641	2:32.9	605	2:36.4
784	2:20.5	748	2:23.4	712	-	676	2:29.6	640	2:33.0	604	2:36.5
783	-	747	2:23.5	711	2:26.5	675	2:29.7	639	2:33.1	603	2:36.6
782	2:20.6	746	2:23.6	710	2:26.6	674	2:29.8	638	2:33.2	602	2:36.7
781	2:20.7	745	-	709	2:26.7	673	2:29.9	637	2:33.3	601	2:36.8
780	2:20.8	744	2:23.7	708	2:26.8	672	2:30.0	636	2:33.4	600	2:36.9
779	2:20.9	743	2:23.8	707	2:26.9	671	2:30.1	635	-	599	2:37.0
778	-	742	2:23.9	706	2:27.0	670	2:30.2	634	2:33.5	598	2:37.1
777	2:21.0	741	2:24.0	705	2:27.1	669	2:30.3	633	2:33.6	597	2:37.2
776	2:21.1	740	2:24.1	704	-	668	2:30.4	632	2:33.7	596	2:37.3
775	2:21.2	739	-	703	2:27.2	667	2:30.5	631	2:33.8	595	2:37.4
774	2:21.3	738	2:24.2	702	2:27.3	666	-	630	2:33.9	594	2:37.5
773	-	737	2:24.3	701	2:27.4	665	2:30.6	629	2:34.0	593	2:37.6
772	2:21.4	736	2:24.4	700	2:27.5	664	2:30.7	628	2:34.1	592	2:37.7
771	2:21.5	735	2:24.5	699	2:27.6	663	2:30.8	627	2:34.2	591	2:37.8
770	2:21.6	734	2:24.6	698	2:27.7	662	2:30.9	626	2:34.3	590	2:37.9
769	2:21.7	733	-	697	2:27.8	661	2:31.0	625	2:34.4	589	2:38.0
768	-	732	2:24.7	696	-	660	2:31.1	624	2:34.5	588	2:38.1
767	2:21.8	731	2:24.8	695	2:27.9	659	2:31.2	623	2:34.6	587	2:38.2
766	2:21.9	730	2:24.9	694	2:28.0	658	2:31.3	622	2:34.7	586	2:38.3
765	2:22.0	729	2:25.0	693	2:28.1	657	2:31.4	621	2:34.8	585	2:38.4
764	2:22.1	728	2:25.1	692	2:28.2	656	2:31.5	620	2:34.9	584	2:38.5
763	2:22.2	727	2:25.2	691	2:28.3	655	2:31.6	619	2:35.0	583	2:38.6
762	-	726	-	690	2:28.4	654	2:31.7	618	2:35.1	582	2:38.7
761	2:22.3	725	2:25.3	689	2:28.5	653	2:31.8	617	2:35.2	581	2:38.8
760	2:22.4	724	2:25.4	688	2:28.6	652	-	616	2:35.3	580	2:38.9
759	2:22.5	723	2:25.5	687	-	651	2:31.9	615	2:35.4	579	2:39.0
758	2:22.6	722	2:25.6	686	2:28.7	650	2:32.0	614	2:35.5	578	2:39.1
757	-	721	2:25.7	685	2:28.8	649	2:32.1	613	2:35.6	577	2:39.2

75

	800M mins.		800M mins.		800M mins.		800M mins.		800M mins.		800M mins.
576	2:39.3	540	2:43.1	504	2:47.0	468	2:51.2	432	2:55.6	396	3:00.2
575	2:39.4	539	2:43.2	503	2:47.1	467	2:51.3	431	2:55.7	395	3:00.3
574	2:39.5	538	2:43.3	502	2:47.3	466	2:51.4	430	2:55.8	394	3:00.4
573	2:39.6	537	2:43.4	501	2:47.4	465	2:51.6	429	2:55.9	393	3:00.6
572	2:39.7	536	2:43.5	500	2:47.5	464	2:51.7	428	2:56.1	392	3:00.7
571	2:39.8	535	2:43.6	499	2:47.6	463	2:51.8	427	2:56.2	391	3:00.8
570	2:39.9	534	2:43.7	498	2:47.7	462	2:51.9	426	2:56.3	390	3:01.0
569	2:40.0	533	2:43.8	497	2:47.8	461	2:52.0	425	2:56.5	389	3:01.1
568	2:40.1	532	2:43.9	496	2:47.9	460	2:52.1	424	2:56.6	388	3:01.2
567	2:40.2	531	2:44.0	495	2:48.1	459	2:52.3	423	2:56.7	387	3:01.4
566	2:40.3	530	2:44.1	494	2:48.2	458	2:52.4	422	2:56.8	386	3:01.5
565	2:40.4	529	2:44.3	493	2:48.3	457	2:52.5	421	2:57.0	385	3:01.6
564	2:40.5	528	2:44.4	492	2:48.4	456	2:52.6	420	2:57.1	384	3:01.8
563	2:40.6	527	2:44.5	491	2:48.5	455	2:52.8	419	2:57.2	383	3:01.9
562	2:40.7	526	2:44.6	490	2:48.6	454	2:52.9	418	2:57.3	382	3:02.0
561	2:40.8	525	2:44.7	489	2:48.7	453	2:53.0	417	2:57.5	381	3:02.2
560	2:40.9	524	2:44.8	488	2:48.9	452	2:53.1	416	2:57.6	380	3:02.3
559	2:41.0	523	2:44.9	487	2:49.0	451	2:53.2	415	2:57.7	379	3:02.4
558	2:41.2	522	2:45.0	486	2:49.1	450	2:53.4	414	2:57.8	378	3:02.6
557	2:41.3	521	2:45.1	485	2:49.2	449	2:53.5	413	2:58.0	377	3:02.7
556	2:41.4	520	2:45.2	484	2:49.3	448	2:53.6	412	2:58.1	376	3:02.8
555	2:41.5	519	2:45.4	483	2:49.4	447	2:53.7	411	2:58.2	375	3:03.0
554	2:41.6	518	2:45.5	482	2:49.6	446	2:53.8	410	2:58.4	374	3:03.1
553	2:41.7	517	2:45.6	481	2:49.7	445	2:54.0	409	2:58.5	373	3:03.3
552	2:41.8	516	2:45.7	480	2:49.8	444	2:54.1	408	2:58.6	372	3:03.4
551	2:41.9	515	2:45.8	479	2:49.9	443	2:54.2	407	2:58.7	371	3:03.5
550	2:42.0	514	2:45.9	478	2:50.0	442	2:54.3	406	2:58.9	370	3:03.7
549	2:42.1	513	2:46.0	477	2:50.1	441	2:54.5	405	2:59.0	369	3:03.8
548	2:42.2	512	2:46.1	476	2:50.3	440	2:54.6	404	2:59.1	368	3:03.9
547	2:42.3	511	2:46.2	475	2:50.4	439	2:54.7	403	2:59.3	367	3:04.1
546	2:42.4	510	2:46.4	474	2:50.5	438	2:54.8	402	2:59.4	366	3:04.2
545	2:42.5	509	2:46.5	473	2:50.6	437	2:55.0	401	2:59.5	365	3:04.3
544	2:42.6	508	2:46.6	472	2:50.7	436	2:55.1	400	2:59.7	364	3:04.5
543	2:42.7	507	2:46.7	471	2:50.8	435	2:55.2	399	2:59.8	363	3:04.6
542	2:42.8	506	2:46.8	470	2:51.0	434	2:55.3	398	2:59.9	362	3:04.8
541	2:43.0	505	2:46.9	469	2:51.1	433	2:55.4	397	3:00.0	361	3:04.9

	800M mins.		800M mins.		800M mins.		800M mins.		800M mins.		800M mins.
360	3:05.0	324	3:10.2	288	3:15.6	252	3:21.3	216	3:27.4	180	3:33.9
359	3:05.2	323	3:10.3	287	3:15.7	251	3:21.5	215	3:27.6	179	3:34.0
358	3:05.3	322	3:10.5	286	3:15.9	250	3:21.6	214	3:27.7	178	3:34.2
357	3:05.5	321	3:10.6	285	3:16.0	249	3:21.8	213	3:27.9	177	3:34.4
356	3:05.6	320	3:10.7	284	3:16.2	248	3:22.0	212	3:28.1	176	3:34.6
355	3:05.7	319	3:10.9	283	3:16.4	247	3:22.1	211	3:28.3	175	3:34.8
354	3:05.9	318	3:11.0	282	3:16.5	246	3:22.3	210	3:28.4	174	3:35.0
353	3:06.0	317	3:11.2	281	3:16.7	245	3:22.5	209	3:28.6	173	3:35.2
352	3:06.2	316	3:11.3	280	3:16.8	244	3:22.6	208	3:28.8	172	3:35.3
351	3:06.3	315	3:11.5	279	3:17.0	243	3:22.8	207	3:29.0	171	3:35.5
350	3:06.4	314	3:11.6	278	3:17.1	242	3:23.0	206	3:29.1	170	3:35.7
349	3:06.6	313	3:11.8	277	3:17.3	241	3:23.1	205	3:19.3	169	3:35.9
348	3:06.7	312	3:11.9	276	3:17.5	240	3:23.3	204	3:29.5	168	3:36.1
347	3:06.9	311	3:12.1	275	3:17.6	239	3:23.5	203	3:29.7	167	3:36.3
346	3:07.0	310	3:12.2	274	3:17.8	238	3:23.6	202	3:29.9	166	3:36.5
345	3:07.1	309	3:12.4	273	3:17.9	237	3:23.8	201	3:30.0	165	3:36.7
344	3:07.3	308	3:12.5	272	3:18.1	236	3:24.0	200	3:30.2	164	3:36.9
343	3:07.4	307	3:12.7	271	3:18.2	235	3:24.1	199	3:30.4	163	3:37.0
342	3:07.6	306	3:12.8	270	3:18.4	234	3:24.3	198	3:30.6	162	3:37.2
341	3:07.7	305	3:13.0	269	3:18.6	233	3:24.5	197	3:30.8	161	3:37.4
340	3:07.8	304	3:13.1	268	3:18.7	232	3:24.6	196	3:30.9	160	3:37.6
339	3:08.0	303	3:13.3	267	3:18.9	231	3:24.8	195	3:31.1	159	3:37.8
338	3:08.1	302	3:13.4	266	3:19.0	230	3:25.0	194	3:31.3	158	3:38.0
337	3:08.3	301	3:13.6	265	3:19.2	229	3:25.2	193	3:31.5	157	3:38.2
336	3:08.4	300	3:13.7	264	3:19.4	228	3:25.3	192	3:31.7	156	3:38.4
335	3:08.6	299	3:13.9	263	3:19.5	227	3:25.5	191	3:31.8	155	3:38.6
334	3:08.7	298	3:14.0	262	3:19.7	226	3:25.7	190	3:32.0	154	3:38.8
333	3:08.9	297	3:14.2	261	3:19.8	225	3:25.8	189	3:32.2	153	3:39.0
332	3:09.0	296	3:14.3	260	3:20.0	224	3:26.0	188	3:32.4	152	3:39.2
331	3:09.1	295	3:14.5	259	3:20.2	223	3:26.2	187	3:32.6	151	3:39.4
330	3:09.3	294	3:14.7	258	3:20.3	222	3:26.4	186	3:32.7	150	3:39.6
329	3:09.4	293	3:14.8	257	3:20.5	221	3:26.5	185	3:32.9	149	3:39.7
328	3:09.6	292	3:15.0	256	3:20.7	220	3:26.7	184	3:33.1	148	3:39.9
327	3:09.7	291	3:15.1	255	3:20.8	219	3:26.9	183	3:33.3	147	3:40.1
326	3:09.9	290	3:15.3	254	3:21.0	218	3:27.0	182	3:33.5	146	3:40.3
325	3:10.0	289	3:15.4	253	3:21.1	217	3:27.2	181	3:33.7	145	3:40.5

	ROOM mins.		ROOM mins.		ROOM mins.		ROOM mins.
144	3:40.7	107	3:48.3	70	3:56.3	33	4:05.0
143	3:40.9	106	3:48.5	69	3:56.6	32	4:05.3
142	3:41.1	105	3:48.7	68	3:56.8	31	4:05.5
141	3:41.3	104	3:48.9	67	3:57.0	30	4:05.7
140	3:41.5	103	3:49.1	66	3:57.3	29	4:06.0
139	3:41.7	102	3:49.3	65	3:57.5	28	4:06.2
138	3:41.9	101	3:49.5	64	3:57.7	27	4:06.5
137	3:42.1	100	3:49.8	63	3:57.9	26	4:06.7
136	3:42.3	99	3:50.0	62	3:58.2	25	4:07.0
135	3:42.5	98	3:50.2	61	3:58.4	24	4:07.2
134	3:42.7	97	3:50.4	60	3:58.6	23	4:07.5
133	3:42.9	96	3:50.6	59	3:58.9	22	4:07.7
132	3:43.1	95	3:50.8	58	3:59.1	21	4:08.0
131	3:43.3	94	3:51.0	57	3:59.3	20	4:08.2
130	3:43.5	93	3:51.3	56	3:59.6	19	4:08.5
129	3:43.7	92	3:51.5	55	3:59.8	18	4:08.7
128	3:43.9	91	3:51.7	54	4:00.0	17	4:09.0
127	3:44.1	90	3:51.9	53	4:00.3	16	4:09.2
126	3:44.3	89	3:52.1	52	4:00.5	15	4:09.5
125	3:44.5	88	3:52.3	51	4:00.7	14	4:09.7
124	3:44.7	87	3:52.6	50	4:01.0	13	4:10.0
123	3:44.9	86	3:52.8	49	4:01.2	12	4:10.2
122	3:45.2	85	3:53.0	48	4:01.4	11	4:10.5
121	3:45.4	84	3:53.2	47	4:01.7	10	4:10.7
120	3:45.6	83	3:53.4	46	4:01.9	9	4:11.0
119	3:45.8	82	3:53.7	45	4:02.1	8	4:11.2
118	3:46.0	81	3:53.9	44	4:02.4	7	4:11.5
117	3:46.2	80	3:54.1	43	4:02.6	6	4:11.8
116	3:46.4	79	3:54.3	42	4:02.8	5	4:12.0
115	3:46.6	78	3:54.6	41	4:03.1	4	4:12.3
114	3:46.8	77	3:54.8	40	4:03.3	3	4:12.5
113	3:47.0	76	3:55.0	39	4:03.6	2	4:12.8
112	3:47.2	75	3:55.2	38	4:03.8	1	4:13.0
111	3:47.4	74	3:55.4	37	4:04.0		
110	3:47.6	73	3:55.7	36	4:04.3		
109	3:47.8	72	3:55.9	35	4:04.5		
108	3:48.1	71	3:56.1	34	4:04.8		

CROSS-COUNTRY RUNNING RULES

RULE 1. THE COURSE

The "official" length of the cross country course shall be as follows:

Age	Distance
9-10-11	1 mile
12-13-14	1.5 mile
15 and over	1.5 and 2 miles
College and open	2 to 5 miles

However, by mutual consent of the coaches involved, the distance may be set at a different distance.

A cross-country course should incorporate as many of the following features as possible:

a) Have a distance measured over the shortest distance the athlete can run.

b) Be basically flat with small hills and undulations, plus at least one challenging hill not to exceed a 30 degree slope plus an incline just prior to the finish of the race.

c) Provide for both the needs of the runners and the view of fans. Figure eight clover leaf, one mile loops or switchbacks that best suit the terrain available should be considered.

d) Have the start and finish within 220 yards of one another and preferably at the same place. The start and finish of the race may be within an athletic stadium and it may cross paving.

e) Have timers stationed at each half mark along the course who read split times to all the runners.

f) Avoid having the first turn less than 40 yards from the start. It should not be a sharp turn but instead should be a very gradual wide turn. Also, the finish should include at least a 440 yard straightaway.

g) Be 30 feet wide at the narrowest place.

h) Be marked by a solid continuous chalk line along the shortest distance.

i) Be flagged by a single flag at least 3 feet in height (ideally 5 feet) which indicates the inside edge and the direction of the route:

Blue – straight ahead
Red – left turn
Yellow – right turn

j) Have signs 3 feet in height to indicate each half mile (½, 1, 1½, 2).

k) Be planned in such a way as to avoid the following hazards along the course:

hidden holes
low stumps
low branches (at least 8 feet off ground)
narrow or swinging bridges
deep ditches
confusing turns or markings
concrete or asphalt surfaces
hazards caused by automobiles, bicycles, horses, etc.
hills too steep to climb in inclement weather
deep sand or loose gravel

RULE 2. SCORING

A cross country team may consist of 5 to 12 runners. The first 7 positions count in the competition with only the first 5 scoring team points. The first runner completing the course will receive 1 point, the second 2 points, the third 3 points and so on. The team score shall be determined by totaling the points scored by the first 5 finishers of each team. The team which scores the smaller number of points is the winner. While the sixth and seventh finishers of a team do not score points toward their teams total, their places, if better than those of any of the first 5 of an opposing team, result in an increased (poorer) score for the opposing team. If fewer than 5 competitors (or any number specified by the meet committee) of a team finish, the places of all members of the team shall be disregarded.

Individuals who tie in the race have their points divided between them. Team ties are broken by the following procedure: (a) the position (highest) of the fifth girl on the teams in question, (b) the highest positions of the fourth persons if a tie still exists, etc.

RULE 3. EQUIPMENT

For dual and small invitational cross country meets the host coach will need the following equipment: envelopes (for quick score cards) paper clips or safety pins, pencils, magic markers, starting gun and shells, whistle, towels, measuring wheel, 300 foot measuring tape, awards (trophies, medals), blackboard, folding chairs, table, course marking flags (blue, yellow & red), distance (½, 1, and 2 miles), clipboards, lime and liner, posts and post driver, rope, score sheet, bull horn, runners' identification cards, stopwatches.

RULE 4. FINISH CHUTE

The finish line should be located at the end of a long straightaway on very level and even ground. The finish line should be a 30 foot

line at right angle to the course line. At each end of the finish line should be a steel post and extending back from the line a funnel should be formed using steel posts and rope. The funnel should end with a 4 foot wide chute that is at least 50 feet long and marked off by steel posts and rope. To officially be counted, a runner must pass through the funnel and the entire chute exiting at the rear.

GIRLS AND WOMEN'S TRACK AND FIELD RECORDS

GIRLS AND WOMEN'S TRACK AND FIELD RECORDS

Compiled by ANN KARRICK
Mt. Sterling High School, Kentucky
and NELL JACKSON
Michigan State University, Lansing

EVENT	TIME OR DISTANCE	NAME AND CITY	YEAR
Elementary, Junior High and High School Records			
Note: Updated Records were not received in time for publication. All individuals are encouraged to submit records.			
AIAW Championship Outdoor Records			
100-yard dash	10.6	Rochelle Davis (Texas Woman's University)	1973
100-meter dash	11.18	Leleith Hodges (Texas Woman's University)	1978
220-yard dash	24.2	Pam Green (University of Northern Colorado)	1973
200-meter dash	22.91	Evelyn Ashford (UCLA)	1978
440-yard dash	53.4	Debra Sapenter (Prairie View A&M University)	1974
400-meter dash	50.93	Rosalyn Bryant (Cal State, L.A.)	1978
880-yard run	2:05.97	Wendy Knudson (Colorado State University)	1975
1-mile run	4:40.58	Julie Brown (UCLA)	1975
3000-meter run	9:08.09	Kathy Mills (Penn St. University)	1978
2-mile run	10:11.20	Julie Brown (UCLA)	1975
3-mile run	15:04.1	Kathy Mills (Penn St. University)	1978
5000-meter run	15:35.52	Kathy Mills (Penn St. University)	1978

440-yard pursuit relay	46.5	Brown, Davis, Souza, Reid (Texas Woman's University)	1974
400-meter relay	45.11	Hodges, Brown Holmes, Simpson (Texas Woman's University)	1978
880-yard medley relay (220-110-110-440)	1:39.4	Ashford, Oshikoya, Roberson, Weston (UCLA)	1977
800-meter medley relay (200-100-100-400)	1:44.96	Butler, Huggard, White, A'Harrah (UCLA)	1975
800-meter medley relay (100-100-200-400)	1:37.29	Rich, Milan Mills, Bryant (Cal State, L.A.)	1978
1-mile relay	3:36.7	Ayars, Gainer, Day, Kelley (UCLA)	1977
1600-meter relay	3:34.92	Melrose, Kelley Dudley, Jackson (Prairie View A&M)	1978
3200-meter relay (4x800)	8:33.51	Romesser, Antoniewicz, Costello, Weston (Cal State, Northridge)	1978
100-meter hurdles	13.14	Patty Van Wolvelaere (USC)	1978
400-meter hurdles	57.85	Debra Esser (Iowa State University)	1978
High jump	6'1½"	Louise Ritter (UCLA)	1977
Running long jump	21'6½" (6.56 cm)	Modupe Oshikoya (UCLA)	1978
Shot put	52'¼"	Maren Seidler (Cal State, Hayward)	1972
Discus	188'5"	Jane Haist (UCLA)	1977
Javelin	198'1"	Kathy Schmidt (UCLA)	1975

American Outdoor Records

100-yard dash	10.2	Iris Davis (Tennessee State)	1971
100-meter dash	11.0	Wyomia Tyus (Tennessee State)	1968
200-meter dash	22.62	Evelyn Ashford (UCLA)	1977
220-yard dash	23.3	Mable Fergerson (WC Jets)	1973
400-meter dash	50.62	Rosalyn Bryant (Cal State, L.A.)	1976
440-yard dash	52.2	Kathy Hammond (Sac RR)	1972
	52.2	Debra Sapenter (Prairie View)	1974
800-meter run	1:57.9	Madeline Manning Jackson (Cleveland Track Club)	1976
880-yard run	2:12.0	Madeline Manning (Col TC)	1972
1,500-meter run	4:02.6	Jan Merrill (USA)	1976
1-mile run	4:28.2	Francie Larrieu Lutz (USA)	1977
3000-meter run	8:46.6	Jan Merrill (USA)	1977
5000-meter run	15:35.52	Kathy Mills (Penn St. University)	1978
2-mile run	10:02.8	Francie Larrieu (SJC)	1973
10,000-meters	33:15.1	Peg Neppell (Iowa State TC)	1977
100-meter hurdles	13.0	Patty Johnson (Angels)	1972
200-meter hurdles	26.1	Pat Hawkins (Atoms)	1971
400-meter hurdles	56.61	Mary Ayers (Prairie View TC)	1977
400-meter relay	42.87	Ferrell, Bailes Netter, Tyus (USA)	1968

440-yard relay	44.7	Hughes, Wedgeworth Render, Davis (Tennessee State)	1971
800-meter (4x200)	1:35.5	Tyus, Brown Thompson, McGuire (USA)	1964
880-yard relay	1:35.9	Hughes, Davis, Hunter, Montgomery (Tennessee State)	1973
800-meter medley relay (200-100-100-400)	1:41.3	Branch, Wallace Williams, Sapenter (USA)	1974
880-yard medley relay	1:38.5	Sport International	1974
1600-meter relay	3:22.8	Sapenter, Ingram Jiles, Bryant (USA)	1976
1-mile relay	3:30.9	Campbell, Toussaint Manning, Sapenter (USA)	1975
2-mile relay	8:34.44	Costello, Antoniewicz Mullins, Brown (Los Angeles TC)	1976
High jump	6'2¾"	Joni Huntley (Oregon State)	1975
Long jump	22'3"	Kathy McMillan (Hoke Country HS. North Carolina)	1976
Shot put	56'7"	Maren Seidler (MDYF)	1974
Discus throw	185'3"	Olga C[illegible] (LATC)	1972
Javelin throw	227'5"	Kathy [illegible] (PC)	1977
Pentathlon	4677 points	Jane [illegible] (LATC)	1976

WORLD OUTDOOR RECORDS*

Event	Record	Holder	Country	Date	Place
		WOMEN			
100 metres	11.01	Annegret Richter	Germany	25. 7.76	Montreal
200 metres	22.21	Irena Szewinska	Poland	13. 6.74	Potsdam
400 metres	49.29	Irena Szewinska	Poland	29. 7.76	Montreal
100m Hurdles	12.59	Annelie Ehrhardt	G.D.R.	8. 9.72	Munich
400m Hurdles	56.51	Krystyna Kasperczik	Poland	13. 7.74	Augsburg
4 x 100m Relay	42.50	G.D.R. Team (M.Oelsner,R.Stecher, C.Bodendorf,M.Blos)	G.D.R.	29. 5.76	Karl Marx Stadt
800 metres	1:54.9	Tatyana Kazankina	U.S.S.R.	26. 7.76	Montreal
1500 metres	3:56.0	Tatyana Kazankina	U.S.S.R.	28. 6.76	Podolsk
1 mile	4:29.5	Paolo Cacchi(Pigni)	Italy	8. 8.73	Viareggio
3000 metres	8:27.2	Lyudmila Bragina	U.S.S.R.	7. 8.76	College Park,MD
4 x 200m Relay	1:32.4	G.D.R. Team (G.Rerend,M.Oelsner, B.Eckert,R.Stecher)		13. 8.76	Jena
4 x 400m Relay	3:19.2	G.D.R. Team (D.Maletzki,B.Rohde, E.Streidt,C.Bretmer)		31. 7.76	Montreal
4 x 800m Relay	7:52.4	U.S.S.R. Team (T.Providkhina, V. Gerasimova,S.Stryr-kina,T.Kazankina)	U.S.S.R.	16. 8.76	Podolsk
		FIELD EVENTS			
High Jump	1.96m(6'5¼")	Rosemarie Ackermann	G.D.R.	8. 5.76	Dresden
Long Jump	6.99m(22'11¼")	Sigrun Siegl	G.D.R.	19. 5.76	Dresden
Shot Putt	21.99m(72'2").	Helena Fibingerova	Czechoslo-vakia	25. 9.76	Opava
Discus	70.50m(231'3")	Faina Melnik	U.S.S.R.	24. 4.76	Sochi
Javelin	69.12m(226'9")	Ruth Fuchs	G.D.R.	10. 7.76	Berlin
Pentathlon	4932 points (13.21, 15.85m,	Burglinde Pollak 1.78m, 23.35)	G.D.R.	22. 9.73	Bonn

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*As of 12-31-76

OFFICIAL LIST OF OLYMPIC GAMES RECORDS

Event	Record	Holder	Country	Date	Place
		WOMEN			
100 metres.....	11.01.....	Annegret Richter.....	Germany..	1976	Montreal
200 metres.....	22.37.....	Barbel Eckert.....	G.D.R....	1976	Montreal
400 metres.....	49.29.....	Irena Szewinska.....	Poland...	1976	Montreal
800 metres.....	1:54.9.....	Tatyana Kazankina....	U.S.S.R..	1976	Montreal
1500 metres.....	4:01.4.....	Lyudmila Bragina.....	U.S.S.R..	1972	Munich
100m Hurdles....	12.59.....	Annelie Ehrhardt.....	G.D.R....	1972	Munich
4 x 100m Relay..	42.55.....	G.D.R. Team..... M.Gelsner,R.Stecher, C.Bodendorf,B.Eckert		1976	Montreal
4 x 400m Relay..	3:19.2.....	G.D.R. Team..... D.Maletzki,B. Rohde, E.Streidt,C.Brehmer		1976	Montreal
High Jump.....	1.93m (6'4")...	Rosemarie Ackermann..	G.D.R....	1976	Montreal
Long Jump.....	6.82m(22'4¾").	Viorica Viscopoleanu.	Rumania..	1968	Mexico City
Shot.....	21.16m(69'5").	Ivanka Christova.....	Bulgaria.	1976	Montreal
Discus.....	69.00m(226'4")	Evelyn Schlaak.....	G.D.R....	1976	Montreal
Javelin.....	65.94m(216'4")	Ruth Fuchs.....	G.D.R....	1976	Montreal
Pentathlon.....	4801 points... (13.29-16.20m-1.82m-5.98m-24.0s)	Mary Peters.....	G.B. & N.I.	1972	Munich

Note: In accordance with the decision taken by the I.A.A.F. Montreal Congress, for races up to and including 400 metres, only performances timed by an approved fully automatic electrical timing device shall be accepted.
New World Records for these events will be recognized only when the previous record is bettered by at least 0.02 sec.

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College & Open Indoor Track and Field Records

60-yard dash	6.82	Deb Carter (N.E. Missouri)	1978
*300-yard dash	35.26	Sheila Calmese (Kansas University)	1978
440-yard dash	54.48	Lorna Forde (Long Island University)	1978
600-yard dash	1:22.12	Lee Ballenger (Colorado University)	1978
880-yard run	2:11.88	Siri Bjelland (Oklahoma University)	1978
1000-yard run	2:33.58	Donn Fox (University of Nebraska)	1978
1-mile run	4:52.51	Cathie Twomey (University of Minnesota)	1978
2-mile	10:19.98	Dana Slater (Colorado University)	1978
1-mile relay	3:47.8	Hill, Davis, Jackson, Miller (University of Maryland)	1978
60-yard hurdles	7.99	Debra Deutsch (Rutgers University)	1978
Long jump	19'2"	Mary Harrington (Colorado St. University)	1978
Shot put (8 lb. 13 oz.)	48'8"	Jennifer Smit (University of Texas, El Paso)	1978
High jump	5'10"	Jalene Chase (University of Maryland)	1978

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*American Record

AIAW CHAMPIONSHIP REGULATIONS AND RESULTS

AIAW TRACK AND FIELD CHAMPIONSHIP REGULATIONS

CHAMPIONSHIP EVENTS – OUTDOOR

100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
3000 meter run
5000 meter run
10,000 meter run
440 yard relay (4 x 110)
or
400 meter relay (4 x 100)
880 yard Medley relay (110-110-220-440)
or
800 meter Medley relay (100-100-200-400)
Mile relay (4 x 440)
or
1600 meter relay (4 x 400)
Two mile relay (4 x 880)
or
3200 meter relay (4 x 800)

100 meter hurdles 2'9"
400 meter hurdles 2'6"
Long Jump
High Jump
Shot Put
Discus
Javelin

CHAMPIONSHIP EVENTS – INDOOR

50 meter dash
200 meter dash
400 meter dash
600 meter dash
800 meter run
1500 meter run
3000 meter run
4 Lap relay
Mile Relay (4 x 440)
or
1600 meter relay (4 x 400)
Two Mile Relay (4 x 880)
or
3200 meter relay (4 x 800)

60 meter hurdles 2'9"
Long Jump
High Jump
Shot Put

SCORING –

In the championship meets, six places are scored with the following points awarded:

1st place – 10 points
2nd place – 8 points
3rd place – 6 points
4th place – 4 points
5th place – 2 points
6th place – 1 point

PROTESTS –

Protests at the championship meet must be accompanied with a

fee of $5.00. If the protest is upheld, the fee will be returned. A decision will be rendered by the Games Committee.

SCHEDULE –
The AIAW Track and Field Championship Schedule is in the process of revision. The revised schedule will be sent to all interested schools the early part of 1979.

The 10,000-meter run will be a part of the championship schedule for 1979. It will be run on the same day as the pentathlon championships.

EXPERIMENTAL EVENTS–
May be added at the discretion of the AIAW Track and Field Committee for a period of two years. These events will be evaluated at the end of this period in order to be added to the Championship Program. Experimental events are non-scoring events.

STANDARDS TO ENTER CHAMPIONSHIP MEET–

A. Standards for entry to the AIAW National Track and Field Championships shall be released by January 15 of each year. The standards shall be established in the following manner, based on the two most recent championships:
   1. Running events – average of the 4th place times in the semifinals in each running event.
      a. If trials were not held in an event, the standard is established by the AIAW Track and Field Committee.
      b. If a new event is being run, the AIAW Track and Field Committee shall establish the standard.
   2. Field events (jumping and throwing) – the distance and height that was achieved by averaging the 10th place finisher.

B. Standards must be met in a meet between February 1 and the Sunday prior to the Championship. Competition must have been between two or more teams.

OFFICIALS–
The Chairperson of the AIAW Track and Field Committee also serves as the Meet Referee at the National Championship.

COMPETITION–

A. General Rules
   1. Provisions should be made for the taking of official pictures of finishes in championship meets; such pictures shall be taken from a point on the finish line extended, which adequately shows the finish of each contest. These

prints should take precedence in the placing and timing of track events.

B. Running Events
Facilities. A track with 42" wide lanes is recommended for championship meets.

C. Field Events. All measurements of performances must be made in metric units. Distances and heights may also be measured imperially, or the imperial equivalent to the metric measurement may be listed.

D. Finals only in the 10,000 meters. If necessary, it may be run in sections.

RELAYS–

1. In meeting the qualifying standards for relays, only competitors who are eligible for the National Championship may be used.
2. The four (4) members of a particular relay team meeting the qualifying standards should be listed on the entered relay team.

CONFIRMATION OF ENTRIES–

1. Confirmation for all competitors must be made by the specified time.
2. At this time all competitors will be scratched or confirmed in all the events in which they were entered. Additional entries may not be made at this time.
3. All confirmations must be made in person by the coach, the athlete or by the designated representative of the school.
4. Failure to follow these procedures will result in automatic scratching of all members of the entered school.

AIAW PENTATHLON CHAMPIONSHIPS

EVENTS– 100-meter hurdles
Shot put
High jump
Long jump
800-meter run

REGULATIONS–

1. The pentathlon championships will be scored as an individual event separate from the track and field championships.
2. There will be no team scores.
3. The pentathlon championships will take place the day before the AIAW National Track and Field Championships.
4. Individuals participating in the pentathlon championships may also participate in the AIAW National Track and Field Championships.

TRACK AND FIELD COMMITTEES FOR AIAW CHAMPIONSHIPS

Outdoor Track and Field

NELL JACKSON, *Chairperson,* Jenison Fieldhouse, Michigan State University, E. Lansing, MI 48824 1979
MAMIE RALLINS, *Coaches Representative,* Athletic Department, Ohio State University, Columbus, OH 43210 1978
BERT LYLE, *Technical Expert,* Department of Athletics, TWU Station, P.O. Box 22133, Denton, TX 76204
MARK PITTMAN, *Championship Director,* Michigan State University, East Lansing 48824 1980
TERRY CRAWFORD, *Past Championship Director,* 115 Stokely Athletic Center, University of Tennessee, Knoxville, TN 37918 1979

Cross Country

CHRIS MURRAY, *Chairperson* 1979, Dept. of Physical Education, 214 Beyer Gymnasium, Iowa State University, Ames, IA 50010
ALAN BONNEY, *Coaches Representative* 1979, Graves Building, University of Washington, Seattle, WA 98105
MARYBETH SPENCER, *Student Representative* 1977, 425 Paunack Place #1-A, Madison, WI 53706
BARRY ANDERSON, *Technical Expert* 1981, Ahearn 101, Kansas State University, Manhattan, KS 66506
DEAN BRITTENHAM, *Championship Director* 1980, University of Colorado, Boulder 80309
JACK DANIELS, *Past Championship Director* 1979, Women's Athletics, University of Texas, Austin, TX 78712

AIAW NATIONAL TRACK AND FIELD CHAMPIONSHIPS, 1978-79

Cross Country: November 18, 1978
University of Colorado, Boulder, Dean Brittenham, *Meet Director*

Track and Field: May 24-26, 1979
Michigan State University, East Lansing, MI, Nell Jackson and Mark Pittman, *Meet Directors*

NATIONAL INTERCOLLEGIATE TRACK AND FIELD CHAMPIONSHIP RESULTS TEAM COMPETITION

DGWS (1968-1972)

1968-69, Southwest Texas State College, San Marcos
- 1st Place: Texas Woman's University, Denton
- 2nd Place: Texas Technological College, Lubbock
- 3rd Place: Indiana State University, Terre Haute
- 4th Place: Montclair State College, Upper Montclair, New Jersey

1969-70, University of Illinois, Champaign–Urbana
- 1st Place: University of Illinois, Champaign–Urbana
- 2nd Place: Alcorn College, Lorman, Mississippi
- 3rd Place: Texas Woman's University, Denton
- 4th Place: Montclair State College, Upper Montclair, New Jersey

1970-71, Eastern Washington State College, Cheney
- 1st Place: Texas Woman's University, Denton
- 2nd Place: California State College, Hayward
- 3rd Place: California State Polytechnic College, Pomona
- 4th Place: Flathead Valley Community College, Kalispell, Montana

1971-72, University of Tennessee, Knoxville
- 1st Place: California State College, Hayward
- 2nd Place: Texas Woman's University, Denton
- 3rd Place: Flathead Valley Community College, Kalispell, Montana
- 4th Place: University of Illinois, Champaign–Urbana

AIAW

1972-73, California State University, Hayward
- 1st Place: Texas Woman's University, Denton
- 2nd Place: California State University, Hayward
- 3rd Place: California State University, Los Angeles
- 4th Place: Seattle Pacific College, Washington

1973-74, Texas Woman's University, Denton
- 1st Place: Prairie View A & M University, Texas
- 2nd Place: University of California, Los Angeles
- 3rd Place: Texas Woman's University, Denton
- 4th Place: California State University, Los Angeles

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1974-75, Oregon State University, Corvallis
1st Place: University of California, Los Angeles
2nd Place: Prairie View A & M University, Texas
3rd Place: Texas Woman's University, Denton
4th Place: Michigan State University, East Lansing and Colorado State University, Fort Collins

1975-76, Kansas State University, Manhattan
1st Place: Prairie View A & M University, Texas
2nd Place: Seattle Pacific College, Washington
3rd Place: Iowa State University, Ames
4th Place: Colorado State University, Fort Collins
5th Place: California State University, Los Angeles

1976-77, University of California, Los Angeles
1st Place: University of California, Los Angeles
2nd Place: California State University, Northridge
3rd Place: Iowa State University, Ames
4th Place: University of Tennessee, Knoxville
5th Place: Prairie View A & M University, Texas

1977-78, University of Tennessee, Knoxville
1st Place: California State University, Northridge
2nd Place: University of California, Los Angeles
3rd Place: California State University, Los Angeles
4th Place: Arizona State University, Tempe
5th Place: Iowa State University, Ames

AIAW NATIONAL INTERCOLLEGIATE CROSS-COUNTRY CHAMPIONSHIP RESULTS TEAM COMPETITION

1975-76, Iowa State University, Ames
- 1st Place: Iowa State University, Ames
- 2nd Place: Pennsylvania State University, University Park
- 3rd Place: Michigan State University, East Lansing
- 4th Place: University of Oregon, Eugene
- 5th Place: University of Florida, Gainesville

1976-77, University of Wisconsin, Madison
- 1st Place: Iowa State University, Ames
- 2nd Place: California State University, Northridge
- 3rd Place: University of Wisconsin, Madison
- 4th Place: Michigan State University, East Lansing
- 5th Place: Pennsylvania State University, University Park

1977-78, University of Texas, Austin
- 1st Place: Iowa State University, Ames
- 2nd Place: Pennsylvania State University, University Park
- 3rd Place: University of Colorado, Boulder
- 4th Place: University of Wisconsin, Madison
- 5th Place: University of California, Los Angeles

APPENDIX

SCHEDULE OF EVENTS

The order of events and the time between events are official and may not be changed. However, the time of day for commencement of the schedule of event is relative to the specific situation.

Suggested One-Day Schedule (Without Trials)
Including Pentathlon

Running Events[1]	*Field Events*
1:00 100 meter hurdles (pentathlon)	11:30 Long Jump
1:10 5000 meter run	12:00 Shot Put
1:35 440 yard Pursuit relay	1:30 Javelin
1:45 1500 meter run	1:30 Shot Put (pentathlon)
2:00 100 meter hurdles	2:30 High Jump (pentathlon)
2:15 400 meter dash	3:00 High Jump
2:25 100 meter dash	3:00 Discus
2:35 800 meter run	3:00 Long Jump (pentathlon)
2:55 400 meter hurdles	
3:10 200 meter dash	
3:20 3000 meter run	
3:40 880 yard Medley relay	
3:50 2 mile Pursuit relay	
4:10 800 meter run (pentathlon)	
4:20 1 mile Pursuit relay	

Suggested Two-Day Schedule
(Recommended for AIAW State & Regional Meets)

1st Day	*2nd Day*
Running Events	*Running Events (Finals)*
Morning: Trials if needed in these events[2]	
440 yard pursuit relay	1:30 440 yard pursuit relay
100 meter hurdles	1:45 1500 meter run

[1] If Trials are required in certain running events, follow the order of events of the morning of the 2-day schedule.

[2] When the number of entries do not warrant trials, and semifinals are needed in only a few events, the following order of events is recommended:

400 meter dash
100 meter dash
100 meter hurdles
800 meter run
200 meter dash
400 meter hurdles

100

400 meter dash
100 meter dash
800 meter dash
[illegible]00 meter dash
400 meter hurdles
880 yard medley relay
3000 meter run
1 mile pursuit relay

2:00 400 meter run
2:15 100 meter dash
2:35 400 meter hurdles
2:55 800 meter run
3:15 200 meter dash
3:25 3000 meter run
3:45 800 meter run (pentathlon)
4:00 1 mile pursuit relay

Afternoon

Running Events		*Field Events (preliminaries & finals)*	
2:00	440 yard relay (semifinals)	12:00	High Jump
2:20	100 meter hurdles (semifinals)	1:30	Shot Put
2:30	100 meter hurdles (pentathlon)	1:30	Long Jump (pentathlon)
2:50	400 meter dash (semifinals)	2:30	Javelin
3:05	100 meter dash (semifinals)		
3:20	2 mile relay (finals: run in sections if necessary)		
3:50	100 meter hurdles (finals)		
4:10	200 meter dash (semifinals)		
4:30	400 meter hurdles (semifinals)		
4:50	5000 meter run (finals)		
5:15	880 yard medley relay (finals)		

Field Events

12:30 Discus (preliminaries & finals)
12:30 Long Jump (preliminaries & finals)
3:30 Shot Put (pentathlon)
4:30 High Jump (pentathlon)

Suggested One-Day Indoor Schedule (Without Trials) not including Pentathlon

Running Events[3]		*Field Events*	
1:30	4 x 1 lap relay	12:00	Long Jump
1:40	1500 meter run	1:00	Shot Put
2:00	60 meter hurdles	1:30	High Jump

[3] If trials are required in the running events, follow the order of events of the morning of the 2-day Indoor Schedule.

2:15 400 meter dash
2:25 60 meter dash
2:35 800 meter run
2:55 600 meter dash
3:10 300/200 meter dash
3:20 3000 meter run
3:35 4 x 800 meter Relay/1000 meter run
3:55 4 x 400 meter Relay

Suggested Two-Day Indoor Schedule With Pentathlon[4]

1st Session

Running Events

Trials if needed in these events:
- 4 x 1 lap relay
- 60 meter hurdles
- 400 meter dash
- 60 meter dash
- 800 meter run
- 200 meter dash
- 3000 meter run
- 4 x 400 meter relay

2nd Session

Running Events

7:00 4 x 1 lap relay (semifinals)
7:20 60 meter hurdles (semifinals)
7:30 60 meter hurdles (pentathlon)
7:50 400 meter dash (semifinals)
8:05 60 meter dash (semifinals)
8:20 4 x 800 meter relay (finals)
8:50 60 meter hurdles (finals)
9:10 200 meter dash (semifinals)
9:30 600 meter dash (trials)

3rd Session

Running Events

Finals:
7:30 4 x 1 lap relay
7:45 1500 meter run
8:00 400 meter dash
8:35 600 meter dash
8:55 800 meter run
9:15 200 meter dash
9:25 3000 meter run
9:45 800 meter run (pentathlon)
10:00 4 x 400 meter relay

[4]The pentathlon run indoors consists of 60 meter hurdles, Shot Put, High Jump, Long Jump, and 800 meter run.

Field Events:

5:30 Long Jump
8:30 Shot Put (pentathlon)
9:30 High Jump (pentathlon)

Time schedule on the above is only a guideline to show time to be allowed between events. The second session would not have to be an evening of the 1st day; it could be the morning or afternoon of a 2nd day.

Suggested One-Day Schedule (Without Trials)
For Secondary School

1:00 Hurdles
1:10 100 yard dash
1:20 One mile run
1:35 880 yard relay
1:45 440 yard dash
1:55 440 yard relay
2:05 800 yard run
2:15 220 yard dash
2:25 Two mile run
2:45 880 yard medley
2:55 One mile relay

12:30 Discus
1:00 High Jump
1:30 Shot Put
2:00 Long Jump
2:30 Javelin/(Ball Throw)

SAMPLE TEAM SCORESHEET
EVENTS

TEAMS	50 yd. dash	100 yd. dash	30 yd. hurdles	440 yd. run	300 yd. relay	440 yd. relay	High jump	Running long jump	Baseball throw	Shot put		Total score	Place

SCORING SYSTEM _____

SCORER _____

MEET _____

DATE _____

PLACE _____

SAMPLE HIGH JUMP SCORE SHEET

SHOT PUT

MEET _____

DATE _____

PLACE _____

		TRIALS						FINALS							
		1		2		3		1		2		3		PLACE	
NAME	NO	FT	IN	FT	IN	FT	IN	FT	IN	FT	IN	FT	IN		

HEAD FIELD JUDGE _____

OFFICIAL SCORER _____

FIELD REFEREE _____

SAMPLE FIELD EVENT SCORE SHEET

SHOT PUT

MEET _____

DATE _____

PLACE _____

		TRIALS						FINALS							
		1		2		3		1		2		3		PLACE	
NAME	NO	FT	IN	FT	IN	FT	IN	FT	IN	FT	IN	FT	IN		

HEAD FIELD JUDGE _____

OFFICIAL SCORER _____

FIELD REFEREE _____

SAMPLE TRACK EVENT SHEET

EVENT _____ DATE _____

PLACE _____

HEAT #1							
HEAT #2							
HEAT #3							
HEAT #4							
SEMIFINALS #1							
SEMIFINALS #2							
FINALS							

SCORER _____

TRACK REFEREE _____

Note: Three fastest from each heat qualified for semi-finals. Three fastest from each semi-final qualified for finals.

LANE STAGGERS FOR RACES AROUND TURNS*

For 30-Inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	13' 7¼"	6'9 5/8"
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	15' 8½"	7' 10¼"

For 36-Inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	16' 9"	8' 4½"
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	18' 10¼55	9' 5 1/8"

For 42-inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	19' 10¼"	9' 11 3/8"
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	21' 11 7/8"	11"

For 48-Inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	23'	11'
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	25'	12' 6"

If lane No. 1 is laid out 4 inches wider than the other lanes, the staggered schedule for lanes 3, 4, 5, 6, 7 and 8 can be applied to lane 2.

* Adapted from the *Official NCAA Track & Field Guide* (New York: National Collegiate Athletic Bureau, 1965), p. 13.

CURVED STARTING LINE FOR RACES OF 1500 OR LONGER

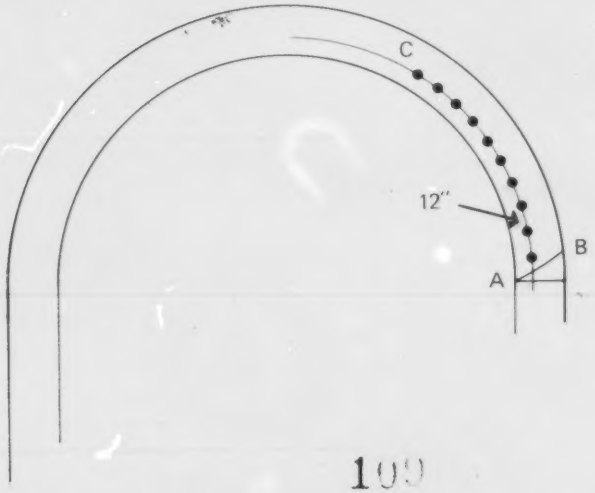
The starting line for all races not run in lanes shall be curved so that all competitors run the same distance going into the first curve.

The curved starting line may be established by placing a row of stakes 10 feet apart, 12 inches from the curb. The first stake is to be 12 inches from the curb at the start. For a 32 foot track, 10 stakes are sufficient.

Using a steel tape 100 feet or longer, use the pin farthest (C) from the start (A) as a center; scribe an arc from the pole to the outer curb of the track.

This will not be an arc of a circle, as the radius will change since the tape loses contact with each successive stake.

Note: The distance for spacing the stakes (10 feet or 3 meters) is arbitrary and is a sufficiently accurate interval.



METRIC AND ENGLISH DISTANCE EQUIVALENTS

Track Events

Meters	Miles	Yards	Feet	Inches
1	0	1	0	3.37
2	0	2	0	6.74
3	0	3	0	10.11
4	0	4	1	1.48
5	0	5	1	4.85
10	0	10	2	9.70
20	0	21	2	7.40
30	0	32	2	5.10
40	0	43	2	2.80
50	0	54	2	.50
60	0	65	1	10.20
70	0	76	1	7.90
80	0	87	1	5.60
90	0	98	1	3.30
100	0	109	1	1.00
110	0	120	0	10.70
200	0	218	2	2.00
300	0	328	0	3.00
400	0	437	1	4.00
500	0	546	2	5.00
1000	0	1093	1	10.00
1500	0	1640	1	3.00
2000	1	427	0	8.00
2500	1	974	0	1.00
3000	1	1520	2	6.00
5000	3	188	0	2.00
10000	6	376	0	4.00
26 Miles	385 yards = 42 kilometers			195.1 meters

Yards	Meters
40	36.58
50	45.72
60	54.86
70	64.01
75	68.58
100	91.44
110	100.58
120	109.73
220	201.17
300	274.32
440	402.34
600	548.64
880	804.67
1000	914.40
1320	1207.01

Miles	Meters
1	1,609.3
2	3,218.7
3	4,828.0
4	6,437.4
5	8,046.7
6	9,656.1
7	11,265.4
8	12,874.8
9	14,484.1
10	16,093.5

Field Events

Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters
1	0.305	6	1.829	20	6.096	70	21.336
2	.610	7	2.134	30	9.144	80	24.384
3	.914	8	2.438	40	12.192	90	27.432
4	1.219	9	2.743	50	15.240	100	30.480
5	1.524	10	3.048	60	18.288	200	60.960

Relation of metric to English scale. For measuring or checking courses where no metric tape is available the following table is acceptable:

1 meter = 39.37 inches = 3.2808 feet = 1.0936 yards
1 kilometer = 1,000 meters = 0.621370 miles

TRANSLATION METHODS (METRIC SYSTEM)

100y to 100m–	multiply by 1.09 (or add .9 seconds)
220y to 200m–	multiply by .995 (or subtract .1 seconds)
440y to 400m–	multiply by .994 (or subtract .3 seconds)
880y to 800m–	multiply by .9935 (or subtract .8 seconds)
Mile to 1500m–	multiply by .926 (or subtract 20 seconds, very crude)
2 Mile to 3000m–	multiply by .926 (or subtract 45 seconds, very crude)

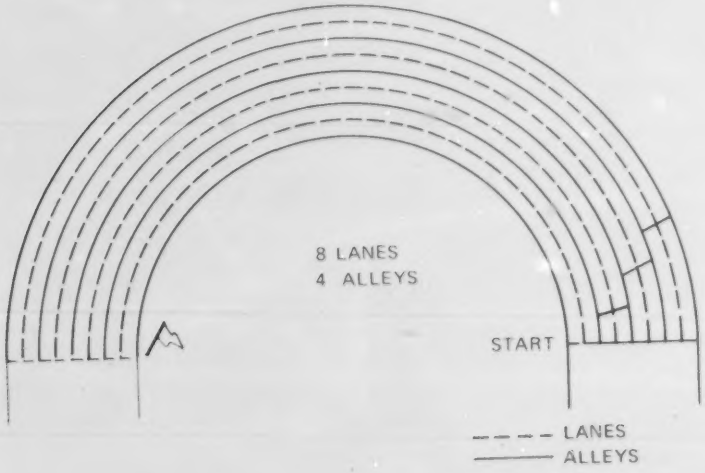
100m to 100y–	multiply by .9174311 (or subtract .9 seconds)
200m to 220y–	multiply by 1.005 (or add .1 seconds)
400m to 440y–	multiply by 1.006 (or add .3 seconds)
800m to 880y–	multiply by 1.0065 (or add .8 seconds)
1500m to mile–	multiply by 1.08 (or add 20 seconds, very crude)
3000m to 2 mile–	multiply by 1.08 (or add 45 seconds, very crude)

From meters to feet – multiply by 3.2810685
From feet to meters – multiply by .3047787

INTRODUCTION AND EXPLANATION OF THE ALLEY PRINCIPLE

In case the number of entries exceeds the number that would be required to advance a minimum of two to the succeeding round, alleys should be used. An "alley" is the use of two or three lanes as a single lane for the running of the first turn. For example, up to four competitors could be assembled in lanes 1 and 2 behind the extended starting line of lane 1; another three or four competitors could be assembled in lanes 3 and 4 behind the one-turn stagger starting line of lane 3; another set of three or four runners could be assembled in lanes 5 and 6 behind the one-turn stagger starting line of lane 5; and three or four more runners using lanes 7 and 8 could be assembled behind the starting line of the seventh lane one-turn stagger.

Runners in the alleys use the inside border of their starting lane to run around the turn before breaking for the curb. For example, runners in lanes 5 and 6 would use the inside border of lane five when running the first turn. All runners may break for the curb at the flag after completing the turn.



GLOSSARY

AAU – Amateur Athletic Union

Acceleration – An area the width of one lane, 10 meters (11 yards) long which may be used by a relay runner to begin running before she receives the baton in the exchange zone.

AIAW – Association for Intercollegiate Athletics for Women.

Alley – May consist of 2-3 lanes which are used as a single lane for running the 800-meter run or 3200-meter relay from a one-turn stagger when more runners are competing than the number of lanes available.

Anchor – The fourth or final leg of a relay.

Approach – The run used by the competitor prior to the actual take-off in the jumps and javelin, basketball and softball throws.

Apron – The hard-surfaced area in front of the high jump pit.

Baton – A tube-like object usually made of metal, wood, plastic or paper which is used in a relay race and is passed from one runner to another.

Blind pass – A relay pass or baton exchange in which the outgoing runner does not look to the rear while receiving the baton (also known as a nonvisual exchange).

Break – Leaving the starting blocks or starting line before the gun sounds or making a movement from the set position.

Break in the pit – The mark made by the competitor when landing in the pit in the horizontal jumps.

Breaking for the pole – Cutting over to the inside lane of the track.

Circle – Competitive area for the shot and discus, usually constructed of concrete or other hard-surface material.

Clear the watches – Setting the timers' watches back to zero in order to be ready for the next race.

Competitor numbers – Numbers worn by the competitors for identification.

Course – A general term used to indicate the path of a runner.

Crossbar – The bar over which the high jumpers jump.

Curb – Inside border of the track.

Curved starting line – An involuted (waterfall) starting line used in 1500, 3000, 5000 and 10,000-meter races.

Dead heat – A race in which two or more runners cross the finish line at exactly the same moment.

Drive leg – The leg exerting the force during stride or take-off.

Exchange zone – An area the width of one lane 20 meters (22 yards) long used in relay races. The baton must be passed from one runner to her teammate while they are in this zone.

False start – Leaving the starting blocks or starting line before the gun sounds or making a movement from the set position.

Field event sheets – Tabulating papers used to record attempts made by competitors in field events.

Field shoes – Rubber-soled track shoes worn by competitors in the shot and discus, or with additional spikes in the heel in the jumps and javelin throw.

Finish line – A line drawn on the track, the side nearest the runner marking the legal completion of the distance raced.

Finish posts – Posts on each side of the finish line to which the finish tape or string is attached.

Finish yarn or tape – The cord stretched across the track directly above the finish line to aid the finish judges in determining the winner of a race.

Flight – The breaking down of a large field of competitors into smaller competitive groups. Used in the horizontal jumps and the throwing events in order that competitors may warm-up and compete within a reasonable time. Also can refer to a lane or row of hurdles.

Flop – A method of high jumping in which the bar is cleared with the back towards the bar.

Follow-through – The movement of a part or parts of the body following the release of a missile or object.

Foul jump or throw – A jump or throw which is counted as a trial but which is not measured because of some violation of the field event rules.

Grip – The handhold on a baton, discus, shot or javelin, or specifically the cord wrapping on the middle of the javelin.

"Gun is up" – A warning signal to timers and judges that the starter has raised an arm and is about to start the race.

Hand-off – The passing of the baton from the incoming runner to the outgoing runner in a relay race.

Heat – A preliminary round of a race from which the designated places advance to the next round.

Heat sheet – A form on which the names of the competitors in a race are placed, indicating in which heat and lane they will run.

High jump standards – Uprights which are used to hold the crossbar for the high jump.

IAAF – International Amateur Athletic Federation.

Inside lane – The lane on the inside or curb of the track–the one closest to the infield. It is also referred to as the pole position.

Involuted starting line – (See curved starting line)

Jog – Slow, short-stride running action.

Jostle – To run against or to elbow. It is a form of crowding or bumping together which may hamper or impede a runner.

Kelly pool balls – Small numbered balls used in drawing for lanes. Also called shake balls.

Kick – Increased leg speed used at the end of a race.

Lane – The path which is marked on the track for a race, or that part of a race during which a runner must stay in a prescribed path.

Lap – One complete circuit of the entire track.

Lead leg – The first leg or kicking leg of jumpers and hurdlers, i.e., the first leg over a hurdle.

Lead-off runner – The first runner on a relay team.

Leg of a relay – The distance over which one member of a relay team must run.

Medley relay – A relay race in which the members of the relay team run different distances.

NCAA – National Collegiate Athletic Association.

Nonvisual exchange – (See blind pass)

Pace – The rate of speed used according to the distance to be run and the available energy of the runner.

Pass – The voluntary giving up of one of a competitor's preliminary or final jumps or throws. Also refers to the actual exchange of a baton or the overtaking of one runner by another in a race.

Passer – The relay runner who "hands off" the baton.

Passing zone – A zone the width of one lane 20 meters (22 yards) long used in relay races. The baton must be passed from a runner to her teammate while they are in this zone.

Pick-up zone – (See acceleration zone)

Pit – The area in which a long jumper or high jumper lands; usually is filled with sand, sawdust or foam rubber.

Pole – The inside or curb lane of the track.

Preliminaries – In running events, they are a series of heats in the same event used when there are more competitors than there are lanes. (See heat). In the throws and long jump, preliminaries consist of three trials per competitor. The best competitors then advance to the finals for three more trials.

Pursuit relay – A relay in which all relay team members run similar distances.

Put – The action of pushing the shot away from the body for distance.

Recall – The calling back of runners after a false start.

Receiver – The runner receiving the baton in a relay race.

Reverse – A follow-through after releasing the shot, javelin or discus.

Runway – The approach to the take-off board or scratch line for field events.

Scratch – Decision not to compete in an event after confirmation or declaration.

Scratch line – The curved or straight line behind which the throw must be made in the javelin, softball and/or basketball throws.

Section – Heats, the composition of which are determined by the previous best times of runners or relay teams. Usually run as finals against time with the faster section being run last.

Sector lines – Boundary lines within which a throw must land in order to be a fair throw.

Shuttle relay – A relay run on a straightaway, with half of each relay team at opposite ends of the prescribed distance. Alternate runners run back and forth over the same course.

Spikes – Low cut, lightweight, spiked shoes worn by runners to give them faster starts and surer footing. Also refers to the actual round spikes screwed into the sole of this shoe.

Staggered start – The start of a race in which runners do not start on a straight line. Used in races which are run around a curve up to and including 800 meters (880 yards).

Starting block – An implement against which runners may place their feet in order to get a faster start at the beginning of a race.

Straddle – Method of high jumping in which one clears the bar face down.

Straightaway – Straight area of the track between one curve and the next.

Stride – The distance covered by one step.

Tagging – Touching a relay runner instead of giving her a baton; usually used in the shuttle relays.

Take-off board – A board from which a long jumper makes her jumps.

Take-off foot – The foot which the competitor uses to drive from the ground, as in the hurdles and jumps.

Take-off mark – A spot at which a competitor leaves the ground, as in the high jump and long jump.

Toeboard – A curved piece of wood or metal used as a foul line for the throws.

Torso – That part of the body as distinguished from the head, neck, arms, legs, hands or feet.

Trail leg – Take-off leg or the rear leg in hurdling.

Trial – An attempt in a field event.

Turn – Curved portion of the track. A standard 400-meter (440-yard) track has two turns or curves in one lap.

USTFF – United States Track and Field Federation.

Visual exchange – A baton exchange in which the receiver watches the incoming runner until the pass is completed.

Warm-up – Preparation of the body through light exercise for more vigorous exercise.

Waterfall starting line – (See curved starting line)

NAGWS APPLICATION FOR RECORD

Duplicate this form and send complete information to:

NAGWS Track and Field Committee
c/o Evelyn Pellaton
Women's Athletic Department
California Polytechnic State Univ.
San Luis Obispo, CA 93407

1. Event _____
2. Time, Distance, Height or Points Achieved _____
3. Name _____ 4. Age ____
5. Grade _____ 6. Club _____
7. Address _____ City _____ State _____
8. School _____ City _____ State _____
9. Date of Meet _____ 10. Place of Meet _____
11. Time of Day _____ 12. State of Weather _____
13. Force and Direction of Wind _____ 14. Anemometer _____
    Attendant's Signature _____
15. Level or Gradient of Ground _____
16. Condition of track, runway or circle _____
17. Correctness of Distance Run, Announced Time, Distance or Height, Hurdle Height _____
18. If Electronic Timing Device Used, Type _____
19. Specifications of Weight, Measurement and Materials of Implement _____
20. Signature of Measurer or Weigher _____
21. Timekeepers' Certificates. I hereby certify that the time beside my signature was exact, as recorded by my watch.
    Time _____ Signature and Address _____
    Time _____ Signature and Address _____
    Time _____ Signature and Address _____

22. Measurers' Certificate for Track and Field. I hereby certify that the following distance was exact, as measured with a metric steel tape.

Distance_____ Signature and Address_____

Distance_____ Signature and Address_____

Authorized Signatures: We certify that NAGWS rules governed this meet and that this application has been completed accurately.

1. Physical Education Instructor or Coach _____
2. Meet Director_____
3. Referee_____
4. Judge or Timer _____
5. Recorder_____

Name and address of person requesting acknowledgment of record:

Name_____

Address_____

City_____ State_____ Zip_____

The application must be accompanied by:

a. The printed program of the meet.

b. The complete results of the event.

c. In case of a track record, the photofinish photograph where fully automatic electrical timekeeping was the official recorder of the event.

d. In the case of a field event record, the complete results sheet.

OFFICIATING

NAGWS AFFILIATED BOARDS OF OFFICIALS

The Affiliated Boards of Officials (ABO) is one of 9 structures of the National Association for Girls and Women in Sport (NAGWS). The following official statement of goals was approved by the ABO Executive Council (Fall, 1977) in an effort to clarify the future directions of ABO:

1. To improve the quality of officiating for girls and women's sports contests, regardless of the level of skill/maturity of players, or the rules governing the contest.
2. To increase the number of competent women officials, not to the exclusion of men, but as needed affirmative action.
3. To promote the involvement of women in the governing bodies of other sports officiating groups.

The purpose of the ABO is to promote quality officiating for girls and women's sport programs by:

(1) Developing officiating techniques
(2) Providing materials for training and rating officials
(3) Disseminating information about officiating
(4) Promoting the use of ABO-rated officials
(5) Developing standards of conduct for officials compatible with the philosophy of the NAGWS
(6) Providing the organizational and administrative structure for the coordination of Affiliated Boards
(7) Promoting standards with respect to fees, ratings and uniforms.

Approximately 190 Boards of Officials throughout the United States are affiliated with ABO/NAGWS. These boards provide opportunities for interested individuals to learn about officiating or judging and are authorized to give NAGWS ratings.

The Principles and Techniques of Officiating (PTO) Committees for each of the 11 sports in which ABO grants ratings are specifically concerned with enumerating the mechanics used by referees, umpires and judges in officiating games, meets or matches.

The Examinations and Ratings Committees for each of the 11 sports in which ABO grants ratings are responsible for preparing, revising and analyzing the officiating theoretical (written) examinations.

If you have questions concerning the techniques of officiating track and field, write to:

KIT BOESCH
c/o NAGWS
1201 – 16th St., N.W.
Washington, DC 20036

Information regarding study questions in this *Track and Field Guide* or on the theoretical examination on track and field should be addressed to:

Margaret Simmons
131 Kirkwood Drive
Murray, Kentucky 42071

Additional information regarding ABO officiating concerns may be secured by writing:

Affiliated Boards of Officials
NAGWS Executive Director
1201 Sixteenth St., N.W.
Washington, DC 20036

STATEMENT OF PHILOSOPHY OF THE AFFILIATED BOARDS OF OFFICIALS: THE ROLE OF THE OFFICIAL IN THE COMPETITIVE SITUATION

Educational values should be of primary concern to all who have leadership roles in a competitive program. As one of those fulfilling leadership roles, the official must be concerned with promoting these values and with the welfare of the participant. The unique contribution of the official is assuring equal opportunity and fair play for all. The official essentially acts as an arbitrator, providing judgments that are within the spirit and intent of the rules. Decisions are based on objective evidence, free from bias and from the emotion that often pervades the competitive environment.

An official enters the competitive situation with a thorough understanding of the letter, as well as the intent of the rules, the strategy and skills of the sport to be played, and correct execution of officiating techniques to view the contest accurately. The official maintains a friendly yet reserved attitude toward all throughout the sport experience. The official is flexible, operating within officiating standards appropriate to the age of the performers, the level of skill, and the facilities available. Biases by players, spectators and coaches will be evaluated with an understanding not only of the multiplicity of the ways in which individuals may react to a competitive experience but also of the behavior appropriate to such an educational experience. Duties will be performed fairly, efficiently and without drawing undue attention to the official. In order to strengthen the official's effectiveness, personal evaluation of performance will be made and solicitation of constructive criticism from coaches, players and administrators will be sought. Though receiving a fee, the ultimate reward to the official will be that of having rendered a valuable service to girls and women who have found personal meaning in expressing themselves through the medium of sport.

STANDARDS FOR OFFICIALS RATINGS IN TRACK AND FIELD[1]

Note: Changes from the previous *Guide* have been indicated by shading.

There are six ratings for officials, five of which qualify the holder to officiate sports contests. Each is designed to meet the needs of various sports events and to stimulate interest of individuals who desire to officiate.

The *Examiner's rating* signifies the holder is qualified to rate officials.

The *Intramural rating* qualifies the holder to officiate contests in the school in which the holder is enrolled or contests of comparable level.

The *Apprentice rating* qualifies the holder to officiate contests which may be adequately controlled by a competent, but inexperienced official.

The *Local rating* signifies that the holder is qualified to officiate interscholastic and intercollegiate contests requiring a competent and experienced official.

The *State rating* signifies that the holder is capable of officiating any contest within the state or region where the rating is awarded.

The *National rating* signifies that the holder is capable of officiating any contest anywhere in the United States. This rating is for the most highly skilled official.

Specific requirements for all ratings are outlined below.

Examiner

1. Prerequisite – must have held a state or national rating for a minimum period of six years. (The six years need not be consecutive but must be within the previous eight-year period.)
2. Theoretical examination – national examination, minimum 82.
3. Duration – two years from next June 1.
4. Renewal:
   a. In order to be eligible for renewal, the candidate must have been involved in the rating or training of officials.
   b. To renew, the candidate must pass the national theoretical examination with a minimum score of 82.
   c. Should the rating lapse for one year or less, the candidate remains eligible for renewal.
   d. Should the ratings lapse for more than one year, the candidate must qualify through earning a State rating.
5. This rating is transferable to other Boards.

[1] Note the current *NAGWS Basketball Guide* for information regarding ratings in all sports and for the most updated information about the standards and practices of the Affiliated Boards of Officials.

Intramural Official

1. Minimum standards – set by Affiliated Board.
2. Duration – two years from next June 1.

Apprentice Official

1. Minimum standards can be set by the affiliated board, *or* these standards may be followed:
   a. Theoretical examination – national examination, minimum 60.
   b. Practical examination[2,3] – minimum 75; minimum number of raters: one.
2. Duration – Two years from next June 1.

Local Official

1. Theoretical examination – national examination, minimum 76.
2. Practical examination[2,3] – minimum 80; minimum number of raters: two.
3. Duration – two years from next June 1.
4. This rating is transferable to other Boards.

State Official

1. Theoretical examination – national examination, minimum 82.
2. Practical examination[2,3] – minimum 85; minimum number of raters: three.
3. Duration – two years from next June 1.
4. This rating is transferable to other Boards.

National Official

1. Theoretical examination – national examination, minimum 88.
2. Practical examination[2,3] – minimum, 88; minimum number of raters: three, one of whom must hold a National rating.
3. Duration – two years from next June 1.
4. This rating is transferable to other Boards.

[3] **The highest rating a candidate may receive is determined by the highest rating held by a member(s) of the rating committee. For example, if one member of the rating committee holds a state rating, the candidate could receive a state rating.** Any rating team may include no more than one Examiner.

[3] Note commentary on "Experimental Alternative Methods for Practical Examination" on pages 129-130.

Experimental Alternative Methods for Practical Examination[4]

The following alternative *practical* rating methods were approved by the ABO Executive Council (Fall, 1976) for an experimental period of two years (1976-1978). These methods may be used for all sports except Gymnastics and Synchronized Swimming. The rationale for this experiment is to:

1. absorb officials trained by other groups in an easier manner.
2. attract and train new officials.
3. open new alternatives to local boards.
4. give local boards autonomy to determine local needs and set their own standards based on those needs.
5. cut down on the person hours involved in rating and re-rating.
6. attempt to answer the frequent voiced concerns of many local boards about the present practical rating system.

Authority is extended to all boards to establish their own criteria and regulations (theory and practical) for Local and Apprentice ratings in each sport, in order to meet their own specific needs.

Local ratings earned by these experimental alternative methods shall be designated as Local E and shall be non-transferable, except as approved by the Board to which the official moves.

The following guidelines for practical examinations are recommended for earning and renewing ratings.

I. *New Candidates* (inexperienced or unregistered officials)
   A. The candidate should meet one of the following criteria:
      1. attend a series of structured clinics set up by the Board, the number to be specified by the Board or
      2. secure a passing grade and the recommendation of the instructor in an officiating course at the college level (the course must be approved by the Board) or
      3. attend officiating courses offered by another organization such as the recreation department or evening adult education. Candidate must secure a recommendation from said course. Such a course must be approved by the Board.
   B. The Board should differentiate carefully between the criteria for Local and Apprentice ratings. Criteria in addition to the above might well be required for the Local Rating.
   C. New officials shall work with more experienced officials for a designated number of contests.

[4] These methods will be evaluated at the August, 1978 ABO Executive Council meeting. Board chairpersons will be notified by mail as to action taken.

II. Renewal candidates
   A. A committee of 3 exan iners shall be necessary to upgrade a rating to the State or National level. In the case of basketball and volleyball, the National rating may be earned only at an NRT rating session.
   B. A candidate who wishes to renew at the current level (Apprentice through National) may:
      1. officiate a minimum of 3 contests, during which a minimum of 5 evaluators are involved (present alternative method with reduction of number or evaluators) or
      2. officiate a designated number of contests per session, the number to be determined by the Board.
   C. If written complaints are received about an official renewing as in B1 or B2, a more formal rating method might be desirable.

III. Registered officials (other than probationary)
   A. Experienced officials, registered by other officiating organizations, should be awarded a Local rating upon taking and receiving a passing grade (as specified by the Board) on the NAGWS/ABO Theoretical Test (Form A or B) and by demonstrating ability to use ABO officiating techniques. The method of demonstrating shall be specified by the Board, but should recognize the official's experience and be as uncomplicated as possible.
   B. Registered officials desiring a rating higher than Local shall meet the criteria specified by ABO on pages 127-128.

Emblem and Uniform

The emblem for National officials in all sports consists of a shield. Other emblems are available for State, Local, Apprentice, and Intramural officials.

The official shirt for track and field is a navy blue and white striped tailored shirt or a navy blue and white striped jersey. A navy blue skirt, shorts, or slacks, appropriate to the situation, should be worn with the shirt. Officials who receive fees for officiating are required to wear the official shirt.

The official shirts and emblems are available from The Hanold Company, Sebago Lake, Maine 04075. The company can also provide blazers. When ordering, send dress size and check or money order for correct amount. Anyone may order the official shirt. A current rating card must accompany an individual's order for an emblem; however, it is not necessary to send a rating card when ordering a shirt.

An affiliated board may wish to have a supply of shirts or emblems for distribution to newly rated officials. A quantity order may

be placed *only* by the affiliated board chairperson. It is not necessary that the chairperson's rating card be enclosed, but full payment must accompany the order.

Prices: Wash-and-wear shirt, $7.50, knit jersey with zipper neck, $13.50, navy flannel blazer, $35.00; National State, Local, Apprentice, and Intramural emblems, $1.75. (All prices are subject to change.)

Shipping Charge: 75 cents per order.

Recommended Fees

Local boards should establish fees that reflect the level of rating of the official as well as the type and level of competition within their locale. Boards are encouraged to establish fees in conjunction with local governing groups. The fee schedule should reflect differential pay based upon rating levels.

Registration of Officials

Most states require those who officiate either boys or girls' interscholastic contests to be registered with the State High School Athletic Association or other administrative body. All NAGWS/ABO officials who officiate high school or junior high school games are urged to cooperate fully with their state regulatory body.

Amateur Standing of Officials

An official who wishes to maintain amateur status as a participant in a sport must be aware of the ruling(s) on amateur status established by various governing bodies for that sport.

Amateur status is defined by high school and college governing bodies as well as by national sport governing bodies that hold the franchise from international sport governing groups.

The official who wishes to maintain amateur status as a participant is responsible for investigating the specific regulations of *each* governing body with jurisdiction over such eligibility.

National Governing Body for Track and Field

The Amateur Athletic Union is the National Governing Body for track and field in the United States. Information regarding the amateur status rulings of the AAU may be secured by writing to the Track and Field Committee of the AAU, 3400 West 86th St., Indianapolis, IN 46268.

HOW TO BECOME A RATED OFFICIAL

1. Study the rules, the article on the techniques of officiating and the study questions.
2. Attend interpretations meetings and officiating clinics or training courses conducted in your vicinity.
3. Practice often. To some, officiating comes easily; to others it comes only as the result of hard work and concentration. Welcome criticism and work hard to improve.
4. Find out from the chairperson of the nearest affiliated board when examinations for ratings are to be held. (Consult list of boards in NAGWS Directory available from NAGWS/AAHPER, 1201 Sixteenth St., N.W., Washington, DC 20036. Cost: $3.00.)
5. Take your rating remembering that it is the aim of the Affiliated Boards of Officials to maintain high standards for officials.

INFORMATION FOR AFFILIATED BOARDS

How to Establish a Board of Officials

1. Establish the need for an affiliated board by contacting individuals in the area who have current ratings or who are interested in standardizing and raising the level of officiating badminton, basketball, competitive swimming and diving, fencing, gymnastics, soccer, softball (fast pitch and slow pitch), synchronized swimming, tennis, track and field, or volleyball in that area.
2. Write to Edith Cobane, ABO Past Chairperson, PE 244, State University of New York, 1400 Washington Ave., Albany, NY 12222, for a sample copy of an authorized constitution for officials' boards and the *Policies and Procedures Handbook* and application for becoming an affiliated board.
3. At a designated meeting of interested individuals present plans for forming a board.
   a. Choose a name which will permit expansion of function as need may arise; do not limit title to one sport.
   b. From the group, elect a chairperson, chairperson-elect, secretary, and treasurer.
   c. Form an examining committee of at least three members for each sport in which you would like to give ratings. If any member has been rated elsewhere, such experience should be helpful; such a rating is not necessary, however. It is suggested that members of the examining committee be examined and obtain ratings from other affiliated boards whenever possible.
   d. Make plans for drawing up a constitution according to the sample copy received from the Past Chairperson of the NAGWS Affiliated Boards of Officials. Plan to devote some time to the study of the rules and to practice officiating. If possible, secure the assistance of some rated official in each sport for which the Board anticipates giving ratings.
4. Send the completed application form, two copies of the local constitution, and a check for $10 annual dues (made payable to the NAGWS Affiliated Boards of Officials) to the ABO Past Chairperson. Indicate the sports in which you wish to grant ratings by listing the names and qualifications of *3* interested individuals. Approval of the application will come from the Past Chairperson of the Affiliated Boards of Officials who will request that examination packets be sent to your Affiliated Board Chairperson for all sports in which your Board is authorized to give ratings. The process of accepting an application for affiliation of a new Board and of requesting that the proper

examination packets be sent ordinarily takes several weeks. Prospective Boards, therefore, should file for affiliation at least 2 months before they wish to hold rating sessions.

5. Administer Form A of the National Theoretical Examination. Form B of the National Theoretical Examination may be administered to those who did not pass Form A. The Intramural Examination may be given as a practice test to those candidates pursuing ratings.
6. To cover expenses involved in the construction and evaluation of written examinations, boards should charge a fee each time an individual takes a written examination. The Affiliated Boards of Officials Treasurer must receive 50 cents for each written examination given by a board. Board fees can exceed 50 cents per test in order to cover operating expenses.
7. Conduct practice sessions in rating officials. All persons on the examining committee who have not previously rated officials should have a minimum of three practice sessions prior to actually rating. Secure the assistance of a rated official in these practice sessions if at all possible.
8. Give practical examinations to individuals who pass the written examination. (Note minimum number of raters required to give various ratings on pages 127-128.)
9. Request appropriate rating cards from the NAGWS National Office for distribution to those who pass the theoretical and practical examination.
10. Send lists of approved officials to schools and other organizations in the area. This notice should indicate the fees for officiating and should give the name, address, rating and telephone number of each official.
11. Keep accurate lists of all persons receiving ratings. Forward these lists to the chairpersons of the Examinations and Ratings Committees in those sports in which your Board was authorized to give ratings. An appropriate form is included in each examination packet. Due date for submitting all forms to appropriate E&R personnel: **June 1.**

Adding Sports – Expansion of Services

Should a Board wish to add ratings in other sports, the Chairperson of the Board should write the Examinations and Ratings Chairperson (E and R) in that respective sport. (Note current *NAGWS Guide* for that sport to identify the name of the individual.) The Board should indicate the names of a minimum of 3 persons qualified to act as examiners in that sport for the next 2 years. Qualifications and experience in the sport should be listed for each potential examiner. Should your Board qualify, you will be notified

directly by the E and R Chairperson and will receive a packet for administering examinations.

Maintaining Affiliated Status

To maintain affiliated status in each sport in which it gives ratings, a Board must:

1. Pay dues each year to the ABO Treasurer. (Notification will be sent each fall.)
2. Submit a yearly report to each respective E and R Chairperson regarding the current status of rated officials. (Reports for each sport must be submitted by **June 1**. Appropriate forms are included in examination packets.)
3. Submit periodic accountings yearly to the ABO Treasurer as to how many examinations have been administered. (50 cents per each examination administered is due ABO.)

Note: Examination packets are mailed yearly to *qualified* boards on:

April 1 – Soccer
August 1 – Volleyball and Basketball
September 1 – Track & Field
September 15 – Competitive Swimming and Diving, Badminton, Tennis
October 1 – Fencing
October 15 – Synchronized Swimming, Gymnastics
February 1 – Fast Pitch Softball & Slow Pitch Softball

If you do not receive your packet(s) within two weeks of the above dates, contact the designated E & R Chairperson for all sports. Exception: contact the National Office for Volleyball and Basketball packets.

TRACK AND FIELD STUDY QUESTIONS
1978-1979

Revised by the ABO Examinations
and Ratings Committee

Directions

Read all questions carefully. Select the ONE item which best answers each question.

1. On levels of competition other than intercollegiate, how is the number of events an individual can participate in determined?
   A. By the host school.
   B. By the state or local governing body.
   C. By the coaches involved.
   D. By the games committee.
2. If a competitor competes in the high jump and the 100-meter (100-yard) dash, where is the competitor's number worn?
   A. She must wear it on her back for both events.
   B. She must wear it on her front for both events.
   C. She must wear it on her back for the 100-meter (100-yard) dash and may wear it on her front or back for the high jump.
   D. She may wear the number wherever she wants.
3. A coach is deliberately coaching a long jumper. What is the procedure?
   A. This is legal; competition continues.
   B. The coach is warned by the referee.
   C. The competitor is credited with one foul jump.
   D. The competitor is immediately disqualified from the competition.
4. When may the runner break for the inside lane when using a curved line or waterfall (involuted) start?
   A. As soon as possible.
   B. When the competitor is two strides ahead of the closest competitor.
   C. After one turn is completed.
   D. After two turns are completed.
5. How many competitors shall qualify for the finals of the 3000-meter (2-mile) run on a 9-lane track.
   A. 9.
   B. 12.
   C. 18.
   D. 24.
6. How many teams should be taken to the finals in the 800-meter (880-yard) medley relay on a six-lane track?

A. 6 teams.
B. 8 teams.
C. 12 teams.
D. 16 teams.

7. When using alleys for the 800-meter (880-yard) run on an 8-lane track, what is the maximum number of competitors permitted to compete?
   A. 8.
   B. 16.
   C. 24.
   D. 32.
8. In which of the following cases would a 1600-meter (1-mile) relay team be disqualified?
   A. The baton touches the ground in front of the starting line.
   B. The baton has a roughened surface, but meets specifications dealing with weight and length.
   C. The outgoing runner drops the baton during the exchange within the exchange zone, picks it up and continues the race.
   D. Runner 4 exchanges positions with Runner 1 before the finals.
9. When no practice area is available for the discus throwers, what is the correct warm-up procedure?
   A. All throwers get three practices immediately prior to their flight.
   B. All throwers get a general period of warm-up prior to the first flight.
   C. All throwers get a general period of warm-up prior to the first flight. They will also get three practices immediately prior to their flight.
   D. The throwers will get a 15-minute warm-up prior to their flight.
10. All measurements in field events to be submitted for a world record must be made by which of the following device or devices?
    A. Fiberglass tape measure.
    B. Steel tape measure.
    C. Bar graduated in centimeters of ¼ inches.
    D. Fiberglass tape measure, steel tape measure, or bar graduated in centimeters or ¼ inches.
11. After competition has begun in the shot put, a competitor before throwing from the circle, takes a practice put from within the throwing sector. What is the result?
    A. Legal, no penalty imposed.
    B. Counts as a trial, but not marked.
    C. Competitor is given a warning.
    D. Competitor is disqualified from shot competition.

12. When is the height of the high jump crossbar *not* measured?
    A. When the bar is raised from 5'0" to 5'1".
    B. After Jumper 1 passes at 5'0" and before Jumper 2 attempts 5'0".
    C. When a new crossbar replaces a broken one.
    D. Each time the crossbar is replaced on the standards after a miss.
13. In which of the following cases would a miss *not* be credited to the high jumper?
    A. Reaching over the crossbar on a run-up.
    B. Displacing the crossbar after clearing the bar by stumbling against the upright.
    C. After clearing the crossbar, the jumper exits the pit under the crossbar.
    D. After jumping, the jumper gets out of the pit before the crossbar falls off the standards.
14. Due to a heavy rainstorm, the take-off area in the high jump becomes slippery. When can the pit and standards be moved?
    A. Immediately when approved by the head high jump field judge.
    B. Immediately when approved by the field referee.
    C. After a round has been completed and the head high jump field judge has approved the move.
    D. After a round has been completed and the field referee has approved the move.
15. Which of the following is true as to the conduct of the long jump competition?
    A. The officials may place markers alongside the landing pit to indicate meet, American or world record marks.
    B. The competitors may not put markers on the runway.
    C. If two boards are available at the long jump, jumpers must designate which one they will use before the competition begins.
    D. In dual meet competition all jumpers will have a maximum of three jumps.
16. In the discus throw the following activities take place. The competitor moves into the circle, starts the turn, stops, lays the discus down and leaves the circle. She then returns and throws. What is the result?
    A. Legal; mark and measure throw
    B. Counts as a trial but is not measured.
    C. Repeat the throw.
    D. Competitor is warned; throw is measured.
17. In which of the following instances has a foul throw taken place?

A. The javelin thrower uses resin on both hands.
B. The shot putter has a bandage on the left wrist covering a wound.
C. The discus thrower has a cast on the non-throwing arm.
D. The javelin lands on the sector lines.

18. Which of the following is true as to the conduct of the throwing events?
A. A flag should be placed outside the sector area to show each competitor's best throw.
B. Each throw is measured immediately after the throw. No markers can be placed alongside the sector marks.
C. The competitor may stop movement any number of times during the shot put as long as the initial movement began within two minutes after being called.
D. Each competitor must use her own officially approved implement.

19. In which of the following instances has a foul throw taken place?
A. After throwing the discus, the competitor lands sitting down within the circle; she crawls out of the rear of the circle.
B. After throwing the discus, the competitor lands sitting down within the circle; she stands up and leaves the circle from the rear half.
C. The javelin thrower is wearing a high-waisted girdle during the competition.
D. The javelin breaks during the throw.

20. In which of the following cases would a record in the 100-meter (100-yard) dash be accepted?
A. Three timers on first place; anemometer correctly placed; runner in lane 9.
B. Two timers on first place; wind at 2/5 meters per second; runner in lane 6.
C. Three timers on first place; anemometer facing finish line; runner in lane 8.
D. Two timers on first place; anemometer placed at finish line facing starting line; runner in lane 1.

21. In the pentathlon competition, how many attempts does the competitor get in the shot put and the long jump?
A. Three attempts.
B. Three attempts in the preliminaries and three in the finals if the competitor qualifies.
C. Four attempts.
D. Six attempts.

22. What is the recommended size of groups in the pentathlon competition?

A. Not less than 2 nor more than 12.
B. Not less than 6 nor more than 10.
C. Not less than 8 nor more than 10.
D. Not less than 10 nor more than 16.

23. How are competitors placed in competition order (excluding the 800-meter run) in their groups for the pentathlon event?
    A. Best performance, as indicated by the entry sheet, goes first.
    B. Best performance, as indicated by the entry sheet, goes last in the group.
    C. Determined by lot prior to the competition.
    D. Leader in group in total accumulative points goes last.
24. At the end of the pentathlon event, two competitors are tied in total points. How is the tie resolved?
    A. Tie is not resolved. The competitors split 1st and 2nd place points.
    B. There is a run-off in the 100-meter hurdles.
    C. The competitor who has the highest number of points in the majority of events wins.
    D. The competitor who has the least number of misses in the high jump wins.
25. How should the distance of the cross-country course be measured?
    A. Over the shortest route the runner can take.
    B. Over the longest distance the runner can take.
    C. In the middle of the narrowest place.
    D. One foot in from the inside edge of the course.
26. To be official counted in a cross-country race, the runners must do which of the following?
    A. Cross the finish line.
    B. Cross the finish line and pass through the funnel.
    C. Cross the finish line, pass through the funnel and exit at the rear of the chute.
    D. Cross the finish line and receive a stick.
27. Which is the "official" length of a cross-country course for competitors ages 12-14?
    A. 1 mile.
    B. 1.5 miles.
    C. 2 miles.
    D. 3 miles.
28. On a cross-country course, how far from the start should the first turn be?
    A. 10 yards.
    B. 20 yards.
    C. 30 yards.
    D. No less than 40 yards.

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29. Which official is responsible for having the starting blocks placed at the start of the 200-meter (220-yard) dash?
    A. Starter.
    B. Marshal.
    C. Custodian of Equipment.
    D. Clerk of Course.
30. Which of the following is one of the duties of the scorekeeper?
    A. Notify finalists to report to their respective events.
    B. Make sure all applications for new records are filled out correctly, certified and sent to the proper authorities.
    C. Have all records and results checked, approved and signed by the referees.
    D. Have a list of all the competitors in the meet and place the competitors in heats.
31. When times are known, how are competitors placed in heats on a six-lane track for the preliminaries of the 200-meter (220-yard) dash?
    A. The six fastest people are placed in heat 1.
    B. The heat placement is drawn by lot.
    C. One of the fastest entries is placed in each heat. The number 7 time is placed in heat 1, the rotation is continued 2-6 and then 6-1.
    D. One of the fastest entries is placed in each heat. The number 7 is placed in heat 1; the rotation is continued 1-6 and 1-6.
32. Which official tells the competitors how many will qualify, where the finish line is and when they can cut in?
    A. Starter.
    B. Meet Director.
    C. Announcer.
    D. Clerk of Course.
33. Below are the results of four high jump competitors; which jumper would be declared the winner?

	4'6"	4'8"	4'10"	5'0"	5'1"	5'2"	5'3"
A.	...	√	√	X√	XX√	XX√	XXX
B.	...	...	√	√	X√	XX√	XXX
C.	X√	√	√	√	√	XX√	XXX
D.	...	√	√	√	√	XXX	

34. After other competitors have been disqualified from the high jump, how long may the one remaining jumper continue to compete?
    A. Until disqualified.
    B. As long as the competitor wishes.
    C. For 15 minutes following the failure of the last competitor.
    D. Until the meet is declared completed.

35. What are the responsibilities of the track referee?
    A. Rule on all questions concerning the start of the races.
    B. Read and record wind velocity.
    C. Signal to timers and judges that runners are ready.
    D. Determine the number of heats by the number of contestants and number of lanes.
36. On an 8-lane track, 4 heats are run in the preliminaries. In order to run 2 heats in the semifinals, how many competitors will be taken from the preliminary round?
    A. First 3 places.
    B. First 3 places plus the next 2 best times.
    C. First 4 places.
    D. First 4 places plus the next 2 best times.
37. Which of the following is the duty of inspectors?
    A. To immediately disqualify a competitor for any infraction of a rule.
    B. To signal a rule infraction, discuss it with the other inspectors and then make a decision concerning disqualification.
    C. To signal a rule infraction and report it to the chief inspector. The chief inspector reports it to the track referee and the track referee renders the final decision concerning disqualification.
    D. To warn the competitors following the race that any additional infractions will result in disqualification.
38. The timers' watches for 1st place read as follows: 27.5; 27.8; 27.4. What is the official time for first place?
    A. 27.4
    B. 27.5
    C. 27.6
    D. 27.8
39. Which official inspects and measures the track and inspects field event areas?
    A. Marshal.
    B. Meet Director.
    C. Surveyor.
    D. Meet Referee.
40. Upon release, a discus thrower steps on the circle. What is the official's decision?
    A. Legal; measure throw.
    B. Legal; thrower did not step over circle.
    C. Foul; no trial.
    D. Foul; trial.
41. Disgusted with her throw, a shot putter leaves by the rear of the circle as soon as the shot hits. What is the official decision?

A. Trial; mark.
B. Trial; do not mark.
C. Attempt must be repeated.
D. Trial; mark; competitor is warned about unsportsmanlike conduct.

42. When should measurements of throws be recorded to the nearest ¼ inch?
A. For distances under 100 feet.
B. For distances over 100 feet.
C. For all preliminary round throws.
D. For all final round throws.

43. The exact measurement of the high jump is 4'10 3/8". How should the jump be officially recorded?
A. 4'10"
B. 4'10¼"
C. 4'10 3/8"
D. 4'10½"

44. In which case will the standing long jump *not* be measured but count as a jump?
A. The jumper rocks several times, lifting her heels from the floor.
B. The jumper holds her arms forward and extended over scratch line before take-off.
C. Jumper lifts right foot from the floor before the take-off.
D. The jumper positions her right foot slightly behind her left foot.

45. Whose responsibility is it to call out "Gun is up" prior to the start of each race?
A. Chief finish judge.
B. Track referee.
C. Starter.
D. Chief timekeeper.

46. In a dual track and field meet where three places are scored, how are the relays scored?
A. 5 for first; 2 for second.
B. 5 for first; 1 for second.
C. 3 for first; 0 for second.
D. 5 for first; 0 for second.

47. Which events may be held as timed finals in large one-day meets?
A. Any event.
B. Any event of 200 meters (220 yards) or more.
C. Any event of 400 meters (440 yards) or more.
D. Any event of 1500 meters (1 mile) or more.

48. Which of the following should be ruled illegal?

A. Hard rubber discus.
B. Hollow wood javelin with metal tip.
C. Brass shot.
D. Solid wood javelin.

49. Where should the head long jump judge stand to observe fouls?
    A. At the end of the long jump pit to observe the jumper's feet.
    B. At the side of the long jump pit to observe the jumper's feet.
    C. At the side of the long jump take-off board to observe the jumper's feet.
    D. At the side of the long jump runway to observe the jumper's feet.
50. How much time should be allowed between rounds of competition?
    A. 20 minutes for 100 and 200 meters (100 yards and 200 yards).
    B. 45 minutes for 400 meters (440 yards).
    C. 90 minutes for 1500 meters (1 mile).
    D. Three hours for 3000 meters (2 miles).

INQUIRIES

Inquiries concerning these study questions on track and field or on examination questions should be directed to:

MARGARET SIMMONS
Chairperson
Track and Field E & R Committee
Women's Athletics
Murray State University
Murray, KY 42071

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Answers and Rule References for Study Questions

Question	*Answer*	*Rule Reference*
1.	B	4:1c
2.	C	4:1i
3.	B	4:2b, PT of O VI:1j
4.	A	5:21
5.	C	5:3a(4)
6.	A	5:3a(5)
7.	D	5:4b
8.	B	PT of O VI:3f;5:6a(1);5:6b(13) (4)
9.	C	6:1i
10.	B	6:1b
11.	D	6:1j;4:1d
12.	B	6:3b(4)
13.	C	6:3b(9c,d)
14.	D	6:3b(14)
15.	A	6:4b(1,2,5)
16.	B	6:6h
17.	D	6:6f,m,o
18.	A	6:6b,h,k,l
19.	A	6:8b(2f);6:6p;6:9b(5)
20.	A	7:2c,d,e(1) (2);PT of O V:3a,b;PT of O VI: 7j(1,2,3,4)
21.	A	PENT 4:f
22.	B	PENT 4:d
23.	C	PENT 4:d
24.	C	PENT 4:e
25.	B	CC 1:a
26.	C	CC 4
27.	B	CC 1
28.	D	CC 1:f
29.	C	PT of O VI:2d
30.	C	PT of O V:1b;V9a;V:2e;VI:1a
31.	C	PT of O VI:1a(2)
32.	D	PT of O VI:2f
33.	B	6:3b(15a,b,c,d)
34.	A	6:3b(11)
35.	D	PT of O VI:1a(1,2,3)
36.	C	PT of O VI:1b(Table 4)
37.	C	PT of O VI:9b
38.	B	PT of O VI:7j(1,2,3,4)
39.	C	PT of O V:8a
40.	D	6:8b(2a)
41.	B	6:7b(4b)

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42.	A	6:6i
43.	B	6:2d
44.	C	6:5b,c
45.	D	PT of O VI:7f
46.	D	2:1 (9)
47.	C	5:3a(2,3)
48.	B	6:7a(4);6:8a(2,3);6:9a(5)
49.	C	PT of O VII:2k(3)
50.	D	5:3b

PRINCIPLES AND TECHNIQUES OF OFFICIATING TRACK AND FIELD

Revised by the ABO Principles and Techniques of Officiating Committee

Note: Changes in techniques have been indicated by shading.

I. Desirable Qualities for Making A Good Official

Officiating track and field events demands much more than just knowing and interpreting the rules. Listed below are some of the qualities desirable in a good official.

1. Each official should be familiar with the track and field rules as outlined in the current *NAGWS Track and Field Guide*. However, when a violation occurs which is not covered definitely in the rules, the official should reflect the spirit of fair play and apply decisions as objectively as possible.
2. Being a good official demands something more than just performing the duties listed in the *Guide*. A distinct personality is desirable; an official must be able to make prompt, immediate and accurate decisions on many complex questions. Persons with an element of timidity in their personality will find it difficult to impress other officials and competitors with their competence in closely contested situations.
3. In the excitement of competition many unfortunate incidents can occur to spoil the meet. An official must be able to anticipate such incidents and, with a timely warning or firm action, prevent a good meet from being marred.
4. Temperament on the part of an official (as well as a competitor) must be kept in check. The official should be courteous, just, and objective at all times.
5. Being a good judge of track and field events demands:
   a. The ability to concentrate on the immediate task. Often several events are scheduled simultaneously, and it is therefore easy for one's attention to stray from one event to another.
   b. The ability to dispense with all sentimental and emotional tendencies at the precise moment of judging. The primary duty of a judge is to provide a just and accurate result of the event.

II. Suggested Officials for a Meet

The number of officials necessary to conduct a meet varies. Dual meets will not require as many officials as larger meets. For maximum efficiency, the following officials are suggested for meets where three or more places are being awarded:

1 meet director
1 track referee
1 field referee
1 clerk of course
1 starter
7 finish judges, including chief
7 timers, including chief
6 inspectors
1 custodian of awards
1 lap counter
1 custodian of equipment
1 marshal
1 scorer
1 announcer
1 surveyor
1 recorder if new records made
3 field judges per event, including chief
1 wind gauge operator

If necessary, assistants may be provided for the chief clerk of course, the scorer, the marshal, the starter, the announcer, the chief timekeeper, and the chief field judge. No official should act in a dual capacity, nor should any track team or club team manager act as an official at a track and field championship meet.

III. Procedures and Techniques of Officiating

1. General Procedures

a. An official should be sure of date, time and place when accepting an assignment.
b. If unable to keep an appointment, an official should notify the meet director at least 24 hours in advance.
c. An official should arrive at the track 30 minutes before the meet is scheduled to start.
d. An official should wear the official *NAGWS-ABO* uniform or other identifying attire designated for the meet.
e. An official should make introductions to the meet director, track and field referees and other officials.
f. An official should get the assignment from the meet director and report to the person in charge of the event. The official in charge of an event should check off other officials as they report in.

2. Procedures and Techniques of Meet Officials

a. Games Committee
   1. shall have the responsibility for meet conduct and shall give special assistance to the meet director.
   2. shall have jurisdiction of all matters relative to the competition.
   3. shall serve as a jury of appeals and consultants to rule on all questions of the meet director and referee(s).
   4. shall have the authority to cancel or postpone any event if the competition cannot be conducted or completed in a satisfactory manner.
   5. shall determine the order of events, if not standard, and rule on all changes in the published order.

6. shall approve the forming of the heats and number of qualifiers as proposed by the referee(s). (See seeding, p.0)
7. shall make changes in the placing of competition in any field or running event if the conditions are so justified.
8. shall generally consist of the following members: a chairperson, a rules interpreter, an ABO official representative, a coaches representative and an at-large member. (For national competition, members of the NAGWS Rules Committee may serve on the Games Committee.)
9. shall rule on all late entries or substitutions.

b. Meet Director

1. shall (in the absence of a games committee) have the responsibilities of the organization and conduct of the meet.
2. shall (in the absence of a games committee) determine the order and number of events. In other than intercollegiate meets, the number of entries per event may be restricted due to facilities and time.
3. shall (in the absence of a games committee) rule upon all late entries or substitutions.
4. shall designate numbers to be used at the meet. It is suggested the numbers be 1" x 5¼". Four safety pins should be included to assure they stay on the uniform.
5. shall obtain all the equipment necessary for all officials and for the running of the meet.
6. shall be directly responsible for the procuring of the track itself and securing all the officials necessary for the running of the meet.
7. shall send out the entry forms and meet information and be the recipient of the entry forms when they are returned.
8. shall arrange for the coaches and officials meeting prior to the meet, if scheduled.
9. shall establish standards for qualifying for the high jump:
   - In large meets of two or three days of championship meets, when the number of entries is so large as to prevent optimum competitive conditions, a qualifying standard must be established in order that the field be cut to 12-15 competitors.
   - The easiest and most often utilized method involves listing the jumpers in descending order according to the best performance during the current season. Count down from the best performance approximately five (5) past the number who are to be qualified and set the Qualifying Height at that mark. Example: if 12 are de-

sired for the finals, count down through the 17th performer and take that mark rounding to the nearest inch.

- The opening height for the qualifying round should be 4" (10cm) less than the standard for qualifying to the finals. The bar then should be raised 2" (5cm) after the first jumps, and then by 1" (3cm) increments until the qualifying height is reached.
- In cases in which the mark has proven to be too stringent (and less than the desired number qualify to finals) all the jumpers clearing the next lower height may also be included in the final to bring the number of competitors to the desired level. More than the desired number may qualify as ties are included in this method.
- In the final round, the bar should be started no lower than 4" (10cm) below the qualifying standard and raised by 2" (5cm) increments each round until the bar is 2" (5cm) above the qualifying height or until there are approximately six (6) competitors remaining in the field. At this point, the bar will be raised in 1" (3 cm) increments. When a single competitor remains in the competition, the bar may be placed at the height desired by the competitor.
- In a competition in which there is no qualifying round (as in a one day meet) the starting height of the bar shall be set at the height 2" (5cm) below that of the mark listed by the lowest ranked competitor as rounded off to the nearest inch. The bar shall then be raised by 2" (5cm) increments until the height listed by the 6th place jumper is attained. At this point, the bar will be raised by 1" (3cm) increments.
- When qualifying standards are required such as at state, regional, or national meets, the jumpers should be permitted to begin jumping at a bar height that is lower than the qualifying standard in all fairness to the competitors.

10. shall foresee all the needs of contestants, officials, and spectators and ensure that all the technical details of the meet have been taken care of. (Refer to checklist on Meet Organization, pages 151-152.)
11. shall keep the meet running smoothly and on time.
12. shall approve any times, distances or heights which establish meet records.
13. shall obtain the completed results and records of the meet

at its completion and send the official results to all competing teams.

IV. Checklist for Meet Organization

1. Pre-Meet Information

____ Clear facilities/date/time.
____ Invite teams, indicating any entry fee.
____ Secure officials for the meet.
____ Specify contracted time/date/fee for officials.
____ Have fees payable at the meet.
____ Secure stopwatches.
____ Obtain starting gun, ammunition, red sleeve, whistle.
____ Obtain scoresheets and necessary cards.
____ Obtain meet shotput, discus, javelin and batons.
____ Obtain Standards and 2-3 bars.
____ Reserve P.A. system.
____ Make arrangements for available medical services.
____ Have available a scale and marker.
____ Send out time schedule for meet.
____ Order awards for the meet.
____ Call press for publicity.
____ Create a program (if desired).
____ Seed runners in heats (according to time if possible).
____ Buy and assign numbers/attach pins.
____ Secure rooms for officials' meetings and coaches' meeting and lounge.
____ Secure locker room facilities, towel and lock arrangements.

2. Meet Conduct

____ Be certain the meet begins on time and flows smoothly.
____ Remember *your* team!
____ Have confidence in the quality and ability of your lead officials.
____ Assign "specific" assistance (team guides, press guides, programs handed out, etc.).
____ You run the coaches meeting. Be prepared.
____ Have track markings and rulebook available.

3. "Following the Meet" Responsibilities

____ Thank coaches and officials verbally.
____ Pay officials for their services.
____ Award trophies/ribbons (may also be done throughout the meet.).

____ Keep all records and file.
____ Call in results to appropriate media.
____ Send copies of meet results to coaches or magazines wishing to publish results.
____ Record meet conditions and publish your own team's results.
____ Make a final meet report for your files. Include: time, date, place, weather, teams, officials, results and records.
____ GET READY FOR THE NEXT ONE!

V. Assisting Personnel: Procedures and Techniques

1. **Announcer:**
   a. shall give proper announcements to aid the competitors in reporting to the clerk of course or the field events judges on time. (It is recommended that the first call be given 15 minutes before the event and the final call 5 minutes before the event).
   b. shall inform all competitors of each event and notify finalists to report to their respective events.
   c. shall inform the public of the progress of the meet, competitor's names and the results of each race or event.
   d. should take care not to interfere with the fair running of the meet.
      1. should take care that the announcements do not disturb field events in progress or interrupt the start of the race.
      2. should take care that the commentary of a race in progress does not influence the outcome.

2. **Scorekeeper:**
   a. shall have charge of all completed timers' and judges' finish cards and transcribe the results onto a master sheet.
   b. shall notify the track referee of the competitors eligible for the semifinals and finals.
   c. shall award points for places won to teams that are entered, in order that the team trophy may be awarded.
   d. shall see that the announcer gets results of each heat and flight as well as all newly tied or broken records.
   e. shall have all records and results checked, approved and signed by the referees.
   f. shall turn over all completed records to the meet director at the completion of competition.
   g. shall abide by the following scoring procedures:
      1. Points given for the various places are awarded to the competitors' teams and totaled at the conclusion of the meet.

2. If there is a tie between two or more competitors for any place which receives a score in either a track or field event, the sum of the points of the places involved shall be divided equally between the tying competitors.
3. If the best performance of a competitor in a field event determined by distance (except high jump) is identical to another competitor, the next best effort shall break the tie.

h. shall follow the scoring method described on pages 23-24 of the rules section.

3. **Wind Gauge (Anemometer) Operator:**

a. shall insure the proper placement of the instrument where required.
b. shall read and record the wind velocity for each long jump, 100 meter hurdle race, and 100 and 200 meter dashes, and report the readings to the scorer where they will be recorded on the event sheet of all preliminaries, trials, qualifying, and final rounds.
c. **Implementation: In the long jump, the anemometer shall be placed no more than 20 meters (65'7½") from the take-off board and no more than 2 meters (6'7") from the runway at a height of 1.22 meters (4') above the ground.**

4. **Lap Counter:**

a. **shall count laps and report number of laps remaining to runners as they pass (by means of a large numbered card).**
b. **any race 3000 meters or more will need a lap counter.**

5. **Inspector of Implements:**

a. shall weigh and measure every implement, including batons, used in competition, and place an identifying mark on each that is approved, prior to the competition.
b. shall impound any implements not meeting competition standards until completion of the competition.

6. **Medical Examiner:**

a. shall be present prior to the meet to confirm recommendations of the training staff.
b. shall be present at all times during the meet.
c. shall have the authority to allow or deny continued participation by an athlete.
d. shall rule on the necessity of a wrap in any throwing events.
e. shall have access to emergency vehicles at the track.

7. **Surveyor:**

   a. shall inspect and measure the track and all courses and take-offs for the jumps, throwing circles, scratch lines, landing pits, exchange zones and hurdle spacings.
   b. shall present a written statement of the findings to the meet director and games committee prior to competition.

8. **Marshal:**

   a. shall keep all areas of the track and field clear and unobstructed as best meets the needs of contestants, officials and spectators.
   b. shall make sure that all unauthorized persons are kept out of the competition areas.
   c. shall see that the track is kept clean at all times, and that spectators do not interfere with judges, timers or any official.
   d. shall insure that any infractions which are persistent and unmanageable are reported to the referees and games committee for decision. This could lead to disqualification of competitors and/or teams.

9. **Recorder:**

   a. shall have charge of applications for new records. If any records are broken, shall have the responsibility for seeing that the applications are duly filled out, certified and sent to the proper authorities.

10. **Referee(s):**

    a. in many meets there will be only one referee. In these cases, this referee shall assume the responsibilities of the track referee *and* the field referee. This referee would be titled "meet referee" and would be responsible for the enforcement of all rules and decisions.
    b. shall enforce all rules and decisions and (in the absence of a games committee) decide on all questions not otherwise assigned by the rules.

VI. Track Officials: Procedures and Techniques

1. **Track Referee:**

   a. shall obtain a list of all competitors from the meet director and prior to the start of the meet, place competitors in heats.
      1. shall determine the number of heats by the number of competitors entered and the number of lanes available. (Note Tables on pages 158 and 159.)

2. when past performances are known, determine the fastest competitors and place them in different heats. Example: 6 heats, 6 fastest competitors, one in each heat. 7th fastest competitor is placed in heat #6; 8th fastest in heat #5; 9th fastest in heat #4; 10th fastest in heat #3; 11th fastest in heat #2; 12th fastest in heat #1. The 13th fastest is then placed in heat #1; continue placing the contestants by times working heat #2–#6 and then #6–#1. Try not to place teammates in the same heat.
3. when times are not known, shall place contestants in any heat, trying not to place teammates in the same heat.

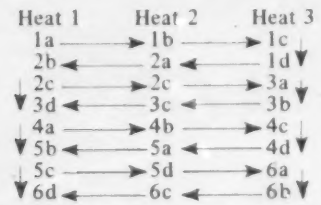
b. in preliminary heats when three (3) or more competitors are advanced to the succeeding round, quarter finals are required if the number of competitors are more than the maximum number of entries for each of the track tables (6 lanes, 7, 8, & 9). Note tables below.
c. shall supervise the drawing of each lane prior to each trial event for every race and determine placement of competitors in lanes for semifinals and finals by chance drawing of lots for every race.
d. shall have charge of all running events and the responsibility for the proper carrying out of the track program.
e. shall inspect the markings of the track.
f. shall confer with the chief judges, clerk of course, scorer and starter prior to the meet to be sure that each has sufficient personnel.

Forming of Heats after the First Round of the Competition:

1. Give first consideration to the place that the competitors finished in the previous round.
2. Time is considered *after* place in the forming of heats.

TABLES:

Table 1 – 3 heats formed from preceding rounds of four heats, qualifying on a nine (9) lane track.



first 6 places + next 3 best times (a, b, c)

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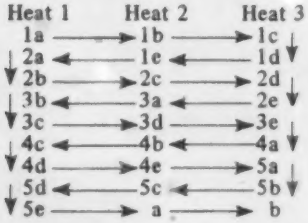
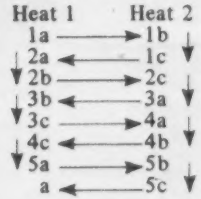
Table 2 – 3 heats formed from preceding rounds of five heats, qualifying on a nine (9) lane track.



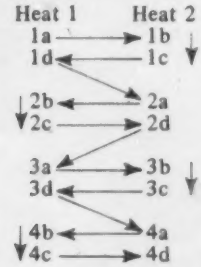
first 5 places + next 2 best times (a, b)

Table 3 – 2 heats formed from preceding rounds of three heats, qualifying on an eight (8) lane track.



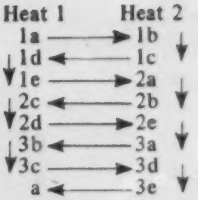
first 5 places + next best time (a)

Table 4 – 2 heats formed from preceding rounds of four (4) heats, qualifying on an eight (8) lane track.



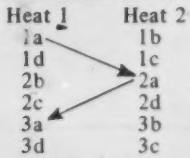
first 4 places

Table 5 – 2 heats formed from preceding rounds of five (5) heats, qualifying on an eight (8) lane track.



first 3 places in each heat
+ next best time (a)

Table 6 – 2 heats formed from preceding rounds of four (4) heats, qualifying on a six (6) lane track.



g. shall inform the head officials of the number of heats and the number of competitors who will qualify for the semifinals and finals.
h. shall insure that only authorized persons are allowed in the immediate area of the field or arena in cooperation with the marshal.
i. shall see that all rules are observed and decide any technical points which arise during the meet. In the case where there are not set rules covering a dispute and in the absence of a game committee, the track referee, in coordination with the meet director, shall have the final judgment.
j. shall have the power to exclude any competitor or official for improper conduct or apparel, and decide immediately any protest or objection concerning the conduct of a competitor or official.
k. shall inspect, approve, and sign the scorer's records upon completion of the competition.
l. shall have a list of appropriate meet records in all events. American and world records shall be available at all National Championships.

2. **Clerk of Course:**

a. shall obtain from the track referee the name and number of all competitors in their respective events and heats.

b. shall have the announcer notify competitors to appear at the designated area before the start of each event in which they are entered.
c. shall insure that the competitors are in their assigned lanes and are utilizing the proper starting line for a particular event; and that the timers and finish judges are stationed at the proper finish line.
d. shall ensure that starting blocks (when used) are placed at the proper starting line.
e. shall have competitors lined up several heats in advance if there are a number of heats to be run in any event.
f. shall give instructions to all heats of an event at the same time, prior to the first heat; relative to the starting procedures, length of the event, the number of qualifiers, the finish line, false starts, cutting in, lap time, remaining in their lanes, etc.
g. shall check the runners' spikes to insure they are in correspondence with the rules of the track.
h. shall verify that all batons have been officially approved.
i. shall ensure that the members of each starting team in relay races have been properly selected:
   1. shall preregister prior to the meet and the clerk shall check their card; or
   2. shall register at the line at the time of the competition; or
   3. shall draw for a lane upon arrival.
j. In all cases the clerk of course shall circle the anchor number and place it on the heat sheet.
k. shall provide the chief finish judge with a card with the names of the competitors, their numbers, and their assigned lanes. (See sample cards on pages 106-109.)
l. shall work in conjunction with the starter at all times.

DETERMINATION OF HEATS, LANES:

NOTE: The following table can be used in forming heats for dashes, relays, and hurdles:

FOR SIX LANES

No. of Entries	No. Trial Heats	No. Qualifying	No. Semi-final Heats	No. Qualifying	No. in Final
1-6	0	–	0	–	6
7-12	0	0	2	3	6
13-18	3	4	2	3	6
19-24	4	3	2	3	6

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FOR SEVEN LANES

1-7	0	–	0	–	7
8-14	0	0	2	3 + next best time	7
15-21	3	4 + 2 next best times	2	3 + next best time	7
22-28	4	3 + 2 next best times	2	3 + next best time	7

FOR EIGHT LANES

1-8	0	–	0	–	8
9-16	0	0	2	4	8
17-24	3	5 + next best time	2	4	8
15-32	4	4	2	4	8
33-40	5	3 + next best time	2	4	8

FOR NINE LANES

1-9	0	–	0	–	9
10-18	0	0	2	4 + next best time	9
19-27	0	0	3	3	9
28-36	4	6 + 3 next best times	3	3	9
37-45	5	3 + 4 next best times	2	4 + next best time	9
46-54	6	3	2	4 + next best time	9
55-63	7	3 + 6 next best times	3	3	9
64-72	8	3 + 3 next best times	3	3	9
73-81	9	3	3	3	9

3. Starter:

a. shall wear a colored sleeve on the gun arm that will be clearly discernible to the judges and timers.

b. shall give these commands in races of 440 yards or less – "On your marks," (after competitors are in their blocks and become motionless – approximately 12-15 seconds – the starter shall give the command "Set") "Set," (wait until all competitors are motionless – approximately two seconds) and fire the gun or give another signal.

c. in races over 440 yards, the starting commands shall be "Runners Set" and when all the competitors are ready, the gun shall be fired. This time does not usually exceed two seconds.

d. if the competitors on the mark are nervous or unsteady, have

them stand up and attempt to steady their nerves. This must be done before the gun fires or it is a false start.

e. may use whistle commands rather than vocal when using staggered starts to ensure being heard. A long, loud blast should be used for each voice command, then the gun fires. Competitors should be so instructed.

f. shall make sure that each competitor is on the proper mark and that any part of the body that is in contact with the ground is behind the starting line. (The baton may touch the ground in front of the starting line.)

g. when blocks are used (440 and less), both hands and feet must be in contact with the ground. Blocks may not be used with a 3-point or standing start.

h. shall warn or disqualify any competitor who is disconcerting to other competitors.

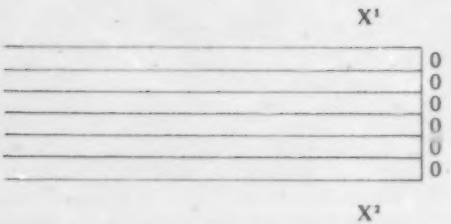
i. shall be the sole judge of anyone making a false start and, if the gun has already been fired, recall the competitors by again firing the gun. If a competitor makes a false start before the gun has been fired, the starter shall call everybody off their marks, and the clerk of course shall reassemble the competitors.

j. shall warn the competitor by saying, "You have one false start; one more, and you will be disqualified."

k. shall stand in such a position that all the competitors are clearly visible and that the sound of the gun should carry as equal a distance as possible to all competitors. The head starter's gun must be clearly visible to the timers.

Starting positions for the starter (and assistant starter when available) for the following types of races:

1. Races on the straightaway (short dashes and hurdles) –
   a. When a single starter is used: The starter must stand in a position so that the entire field of competitors may be viewed, and so that the starting gun as held by the starter is clearly visible to the judges. The best position to view the runners at their marks is approximately 6 to 12 feet in front of the starting line and from 6 to 12 feet away from the nearest lane. Since the stands are usually located within a few feet of the outside lane, most starters prefer to position themselves on the infield on the inside of the track in order to obtain a more advantageous position for viewing the start. From this position all the lanes may be viewed without moving the eyes.
   b. When an assistant starter is used: the assistant starter stands on the opposite side of the track and looks down the starting line.



2. Races with a one-turn stagger (200 meter dash and 800 meter run) –
   a. When a single starter is used: The starter must stand in a position so that the entire field may be viewed in a single glance without shifting the focus of the eyes. Either of two (2) positions may be taken. In the first position, the starter is positioned 40-50 ft. inside the inner lane of the track and even with the middle runner of the field. The distance from the innermost competitor to the outermost competitor lane may vary from 50 to 80 feet depending on the number and the width of the lanes. Obviously the starter may have to move farther away from the track in order to view all competitors simultaneously. This method places the gun approximately equidistant from all competitors enabling them to obtain an equal start. This position is also used by the head starter when an assistant starter is available.

      The second method positions the starter on the track at approximately the middle lane and slightly in front of the competitor in the outside lane. From this position, the starter is able to look more down the line of the competitors while catching any movement in the outside lane with peripheral vision. The disadvantages of this start are that the starter must immediately move off the track in order not to interfere with the competitors in the inside lanes and the competitors in the outside lanes will hear the sound of the gun slightly ahead of the competitors in the inner lanes. However, this advantage for the outside lane is practically negligible as in the one-turn stagger, the competitors are in closer proximity than in the longer staggers.
   b. When an assistant starter is used: the assistant starter stands outside the outer lane of the track in advance of the competitor in the outside lane in such a position that the entire line of competitors may be viewed.

In the 800 meter run, the assistant starter will watch closely for any jostling, impeding of progress, or unavoidable contact as the competitors run in lanes around the curve to the breakpoint. The assistant starter should move behind the competitors on the outside of the track to obtain a different view of the race from that of the starter, and will also fire a recall shot if a competitor is fouled or unfairly impeded.

3. Races with a two- or more turn stagger (400 meter run and 400 meter relay, 800 meter relay, 800 meter medley relay, mile relay) –

   a. When a single starter is used: the only position a single starter may take in a field where competitors may be staggered from the inside to the outside lanes (from 100 to 160 feet) depending on the number and width of lanes, is at the middle of the track slightly in advance of the outside competitor. This position permits the starter to look down the line of competitors in a single focus catching any movement in the outside lane with peripheral vision. The disadvantage of this start is that the gun is a considerable distance from the competitor(s) in the inside lane(s). Competitors in the outside lanes would have a slight advantage from hearing the gun earlier.

      Races of this type require the use of an assistant for the fair and most effective starting procedures. In this situation, the head starter then occupies a position on the infield opposite the competitor in the middle lane; and at such a distance from the competitors that half the field may be observed without shifting the focus. When the competitors are called to the set position, the starter's eyes shall sweep down the line of competitors observing their readiness and then focus on the half of the field that is the head starter's responsibility before the firing of the gun. When the assistant starter is positioned in advance of the outside competitor, the head starter is usually responsible for the competitors on the inside half of the track. However, if the assistant is positioned on the inside lane behind the first competitor, then the responsibility of the head starter is with the competitors in the outside lanes.

   b. When an assistant starter is used: The assistant starter may take one of two positions. The preferred position places the assistant starter outside the track in advance of the competitor in the outer lane in such a way that

the assistant starter may look down the line of competitors. When the head starter – from a position on the infield – takes the responsibility of the competitors on the inside of the track, the assistant starter then takes principal responsibility for the competitors on the outside of the track. However, the assistant starter should fire a recall shot when any competitor is observed making an illegal start.

The second position places the assistant starter to the rear of the competitors on the inside lane in such a way that the entire line of competitors is visible. The principal responsibility of the assistant starter is the competitors in the inner lanes. In this case, the head starter is responsible for the competitors in the outer lanes.

4. Races from a curved involuted (waterfall) start (1500 meters, mile, 3000 meters, 2 mile, 3 mile, 5000 meters) –
   a. When a single starter is used: the starter stands in advance of the competitors on the inside of the track at a distance that the entire field is visible. After firing the gun, the starter follows the competitors as they move to the inside lanes and obtain racing position. Any fouling or entanglements – whether intentional or unavoidable – would create a situation in which the race could be recalled. This could occur within the first 100 to 150 yards of the race.
   b. When an assistant starter is used: the assistant starter is preferably placed to the outside of the track and in advance of the outermost competitor so that a good view of the starting line is available. Also, this puts the assistant starter in a position to follow the progress of the competitors during the first crucial yards as they maneuver for a racing position.
   c. *Note:* In the 1500 meter run which begins on the straightaway and in the other races which begin on a curve, both starters must move with the field after the firing of the gun. The head starter, from a position on the infield, may move across the field to the straightaway in races started on the curve. The assistant starter would move on to the track and follow the race from the rear.

   Note: When competitors are positioned in a staggered start, the head starter may find it advantageous to stand on a low platform or box two (2) or three (3) feet in height in order that a clear view may be obtained. When the assistant starter is standing outside the track in ad-

vance of the outermost competitor, a box may also be of an advantage, particularly in races in which a two-turn stagger or more is used. (For instance, in the 800 meter relay – 4 x 200m – as run entirely in lanes, the distance from the competitor in the first lane to the competitor in the eighth lane on a track with 42" wide lanes would be over 300 feet. Obviously the starters need every advantage in obtaining the clearest view of the field.)

Note: When the head starter is using a gun which is connected to an electric timing device, a second gun shall be available for recalling the start in order that the gun connected to the electric timing device may be laid down and not hinder the starter as the starter moves across the infield following the competitors.

l. shall inform the competitors unless the clerk has already done so where and when they may cut to the inside lane in relays and races where only a portion of the event is run in lanes.

m. shall use a starting gun of not less than .32 caliber with powder giving a distinct flash, and hold the gun in such a manner as to provide a background against which the flash is clearly discernible. When a gun is non-functioning or unavailable a short, quick blast of a whistle can be used for the start signal.

n. shall always have at least two shells in the gun before starting any race. Be sure to look over the pistol before using it and make sure it is not loaded with live ammunition.

o. shall rule on all questions concerning the start and have entire control of the competitors on their marks.

p. shall decide in conjunction with the clerk, which one will have instructional responsibilities to the competitors.

q. shall serve as lane inspector for races starting on the curve.

r. shall have a recall starter whenever possible to assist with the start of each race.

s. shall use hand signals to indicate to the timers what the runners are doing.

1. The starter shall blow a whistle to indicate runners are ready. Upon hearing a responsive whistle from the chief timekeeper, the starter shall proceed.

2. "On your Marks" – the starter shall raise the gun hand over the head; the free hand does the following: (a) free hand moves up even with the gun hand; (b) then windmills counterclockwise, returning to the same position; (c) then drops to a 90° angle with the gun hand clearly visible to the timers.

3. "Set" – free hand is raised up beside the head parallel to the gun hand.

4. "Go" – the gun is fired approximately 2 seconds later.

4. Recall Starter:

a. shall use a whistle or preferably a gun to recall competitors.
b. shall assist the starter as described under starter 3k.

5. Chief Finish Judge:

a. shall assign finish places to all judges. At least 2 judges should be assigned to each place to be picked and shall be instructed to serve at opposite sides of the track.
b. shall see that the finish string is ready and that someone has been appointed to hold it if there are no posts available.
c. shall have 1 or 2 assistants to help with the duties and carry messages such as the finish cards to the scorer.
d. shall make arrangements to place the judges of the finish on elevated stands at a recommended distance of 16' from the edge of the track and directly across from the finish line.
e. shall instruct the judges to watch the race until the competitors are within 10 meters of the finish line, and then concentrate on the space above the finish line.
f. shall instruct the judges they are to make their own decisions without discussion or comparison with other judges and timers.
g. shall check to see that all judges are ready when the starter blows the whistle and reports to the chief timekeeper that all judges are ready.
h. shall note the finish of each competitor in order to issue a decision in case of a disagreement between judges. In the event that a competitor should be overlooked by all the judges, i.e., if the competitor did finish in a placing position but was not picked by the place judges, the chief judge may place the competitor so overlooked in the position in which the chief judge *saw* the competitor finish. If in the absence of a photoprint, the chief judge cannot come to a decision after conferring with the track referee, then the original placings shall stand.
i. shall write on the heat card received from the clerk of course the places of the competitors as indicated by the judges at the conclusion of each race. The card should be signed and given to the chief timekeeper.
j. below is a sample of a "Chief Finish Judge and Chief Timer's Report" card. A 5" x 8" card could be used. *Final* heat cards should be of a different color from the other heats.

CHIEF FINISH JUDGE AND CHIEF TIMER'S REPORT

Meet _____ Date _____ Event _____ Heat _____
Chief Finish Judge _____ Chief Timekeeper _____

Lane	No.	Competitor	School/Org.	Time	Place
1					
2					
3					
4					
5					
6					
7					
8					
9					

6. Finish Judge(s):

a. shall stand at the side of the track directly opposite the finish line, preferably on an elevated platform, in order to have an unobstructed view of the finish line whenever possible.
b. shall pick the competitor at the moment any part of the torso, (i.e., torso-as distinguished from the head, neck, arms, legs, or feet) crosses the perpendicular plane of the nearest edge of the finish line.
c. as the competitors approach the finish, the judge shall cease to follow the competitor and focus the eyes on the space above the finish line. For example, if picking third place, the judge may count mentally while focusing on the finish line, and looking straight across and count "one, two, three" as the competitors cross the finish line.
d. shall immediately notify the chief finish judge of the decision at the finish of each race.
e. shall not discuss with other judges the outcome of the race until after the chief finish judge has been notified.

7. Chief Timekeeper:

a. shall obtain a list of meet, American and world records.
b. shall have one or two assistant runners to and from the clerk and the scorers table.
c. shall be sure all watches are numbered and that the name of the person using each watch is recorded along with the number.
d. shall see that watches are synchronized before being assigned to timekeepers. Test them by touching the stems of two watches together to start and stop them, to see if they are running in time with each other. All watches should be checked

in this manner. The watches that run closest together should be assigned first and second places.

e. shall assign place finishes to all timekeepers.
f. shall check to see that all timekeepers and finish judges are ready when the starter blows the whistle and signal back to the starter that all are ready. Then, the chief timekeeper shall call out "Gun is up."
g. Electronic timing equipment shall be used when available. However, arrangements for manual timing must be made to assure official times in the event the electronic timing device fails.
h. shall be in such a position as to time first place and more places if possible. In a case where the watches fail to catch a time for a place, no time shall be recorded for that place.
i. shall check each watch as the time is given by the timekeeper, record the times of the contestants, and hand the card to a runner who will take it to the scorer.
j. shall rule on the official time as follows:
   1. if there are three watches on one place and all three watches show different times, the middle time is official (not the average of the three).
   2. if two of the three watches are the same and one is different, the time in which two are identical is official.
   3. if there are only two watches on a place with each showing a different time, the slower of the two is considered official time.
   4. if there is a record performance, the chief timekeeper shall read, record, and document all 3 watches.
k. In the case of a second place time being faster than the first place time, consider the second place time to be wrong, and adjust the time accordingly. If a decision cannot be made, the chief timekeeper shall confer with the track referee. The same procedure may be followed when discrepancies occur in other places.
l. shall order all watches cleared and made ready for the next race after all times have been duly inspected and recorded.
m. *Note:* In the pentathlon events, the chief timekeeper shall assign, read and record 3 watches on each competitor in each event.

8. Timekeepers:

a. shall be positioned at the finish line in such a manner as to look directly across the line.
b. shall check the watch before the start of the meet with the chief timekeeper and become familiar with the type of watch.

c. shall check periodically to make certain the watch is properly wound during the progress of the meet.
d. shall start the watch from the flash or the smoke of the pistol and stop it at the moment that any part of the torso (i.e., torso, as distinguished from head, neck, arms, legs, or feet) crosses the perpendicular plane of the nearest edge of the finish line.
e. shall have no discussion with the other timekeepers about the times of the runner in the event.
f. shall use good timing techniques:
    1. hold the watch lightly in the hand with the index finger on the stem. The index finger must be given full freedom to move.
    2. practice starting and stopping the watch until you get the feel of the action of the stem. When preparing to time, take up the slack (extra movement) in the stem by pressing it until the slightest extra movement will start the watch.
    3. squeeze the stem slowly, as you would the trigger of a gun; only the index finger moves.
    4. the time is taken from the flash of the pistol to the moment that any part of the torso of the competitor reaches the nearest edge of the finish line.
    5. if the hand of the watch stops between the two lines indicating the time, the nearest slowest tenth shall be accepted (i.e., 12.1+ shall be 12.2).
    6. Timepieces must be calibrated so that at least one-tenth of a second is measurable. Electronic timers which measure one hundredth of a second are preferred.
g. shall record the time of the watch on timer's slip and give it to the chief timekeeper; or give the time verbally if the chief timekeeper requests.
h. shall inform the chief timekeeper of any malfunction in the watch immediately.
i. shall wait until the chief timekeeper gives instructions before clearing the watch.
j. shall return the watch to the chief timekeeper and check off name at the end of the running events.

9. Inspectors:

a. shall be at least 6 in number, one of whom is designated as the chief inspector.
b. shall have no right or authority to make decisions but must report all infractions or irregularities of the rules to the chief inspector immediately after the race. (The chief inspector will report directly to the track referee. When all facts concerning

the infraction have been reviewed, the referee decides if there has been a violation of the rules.)

c. two inspectors shall stand behind the starting line in hurdle race and dashes. The others are stationed at intervals along the track.
d. In races where each competitor runs in a lane and must round a curve, it is the duty of the inspector, stationed on the curve, to see that each competitor stays in the appropriate lane and makes no foul.
e. for races in lanes around turns, an inspector should be assigned 2 lanes for the entire turn with the responsibility for seeing whether or not the runners remain in their respective lanes.
f. shall place themselves so as to cover each passing zone and shall be certain that the baton is passed within the passing zone in relay races.
g. shall watch to see that a competitor who has finished the baton pass does not interfere with the baton passing of the competitors on opposing teams. (Refer to rules governing relay racing page 34.)
h. shall have 2 flags to designate the readiness of competitors as well as rule infractions which might occur.

VII. Field Officials: Procedures and Techniques

1. Field Referee

a. shall be in charge of all field events and be responsible for the proper carrying out of the field event program.
b. shall inspect all throwing areas to determine if sectors and scratch lines are clearly marked.
c. shall inspect jumping pits, runways, and cross bars for the jumping events.
d. shall make certain that equipment for all field events is available.
e. shall take the place of the inspector of implements, assuming those responsibilities in smaller meets.
f. shall rule on the use of a competitor's personal equipment (shot put, discus, or javelin). Any such implement which is ruled official may be used by any competitor if so desired.
g. shall make certain there are sufficient judges and assistants for all field events.
h. shall make sure all field judges and assistants know and understand their duties, methods of measuring, and what constitutes a foul in that event and shall maintain constant supervision throughout the competition.

i. shall obtain the list of competitors for field events from the meet director and determine the order of competition and number of finalists before the day of the meet. This order of competition in each event shall be turned over to the head field judge in charge of each event.
j. shall see that field events start on time.
k. shall rule on all questions pertaining to field events.
l. shall be responsible for conducting competition in the throwing events and the long jump using any of the following procedures:
   Competitors each have one trial in first round, one in second, etc.
   Competitors may have two successive trials in first round and one in second round;
   Competitors may be divided into flights. All those in one flight complete all preliminary trials. The next flight does the same. (Methods 1 and 2 more commonly pertain to throwing events.)
m. In the high jump competition, if there are enough competitors to warrant it, flights of no more than 6 to 8 may be used. An entire flight will clear or miss the height before the next flight begins its attempts. When the number of jumpers competing becomes smaller, the flights may be combined. Note: revolving method on page 173.
n. shall place competitors in final flights according to their performances; that is the top thrower or jumper will go last, next best second last, etc.
o. shall sign each event sheet following trials and finals.

2. Head Field Judge of Each Field Event

a. shall supervise the competitor's drawing if the order of competition has not been decided in advance. When supervising the drawing of competitors for competition, may use one of the following items: cue balls, paper, straws, markers, etc.
b. shall see that the necessary equipment is available (implements, measuring instruments, markers, rakes, brooms, crossbars, stopwatches, sand or plasticine for the take-off board, etc.) Each judge shall inspect the area for which the judge is responsible – jumping pits and throwing areas.
c. shall instruct field judges and assistants as to their duties, methods of measuring, what constitutes a foul, etc.
d. shall see that all implements have been checked and marked by the inspector of implements or, in her/his absence, by the field referee. Any implements not so checked by the start of competition shall not be used.

e. shall advise competitors as to runways, sectors, and scratch lines, order of competition, number to qualify for finals, etc.
f. shall instruct competitors to be ready to perform as soon as the competitor preceding them has finished the trial. Each competitor is allowed 2 minutes from the time she is called up until the time she initiates her trial.
g. shall make sure competitors who are competing in more than one event understand that they are to report back to the head field judge in that event when they have finished participating in the other event(s) or after each trial, flight or round if it is another field event. Running events take precedence over field events. The competitor shall be entitled to *10* minutes recovery time.
h. shall call competitors in the following manner: "Brown, Smith and Jones; Brown up." Then after Brown jumps call: "Smith, Jones, and Simmons; Smith up." etc.
i. shall read and record measurements for all field events immediately after each throw or jump.
j. shall call a foul the instant it occurs by calling out clearly "Foul", and immediately raising the red flag in their possession to indicate a foul. If the jump or throw is good, they shall raise the other flag.
k. shall watch for fouls by standing in the following positions:
    1. shotput: stand to the open side of the competitor so the full motion of the put might be observed.
    2. discus and standing long jump: stand to the side of the competitor.
    3. running long jump: stand beside the take-off board, focusing eyes on the feet of the jumper.
    4. javelin, basketball, and softball throws: stand at the scratch line of the arc.
    5. high jump: stand beside the jumping standard in position to observe the plane of the bar to the ground.
l. shall declare a foul if an implement lands on a sector line.
m. shall record a throw or jump on which a foul occurs as a trial but will not measure the throw or jump.
n. shall record distances under 100 feet (30 meters) to nearest quarter inch (one centimeter) and distances over 100 feet (30 meters) to nearest half inch (even two centimeter units) below the distance covered.
o. all measurements must be made with a steel tape graduated in centimeters and quarter inches for the mark to be submitted for a record.
p. shall stress safety precautions with both the competitors and the assistants.

q. Head Field Judges: throwing, standing and running long jump events.
   1. Use the following measuring techniques:
      - Measurements of shotput and discus throw: measurements shall be made from nearest mark made by fall of implement to inside edge of circle circumference along a line from mark of implement to center of circle. Zero end of tape should be held at mark of implement. Measurement may be found by moving the tape through an arc along inside edge of circle until the shortest distance is found.
      - Measurement of basketball, softball, and javelin throws (when javelin is thrown from a scratch line) shall be made from nearest mark made by implement to inside edge of scratch line. Zero end of tape shall be held at mark of implement.
      - Measurement of javelin, basketball, and softball throws where scratch line arc is used, shall be taken at the inner edge of the circumference of the arc. Such measurement shall be made on a line from the nearest mark made by the point of the javelin to the center of the circle of which the arc is a part. Zero end of tape shall be at mark of implement.
      - Measurement of long jump is made from nearest mark in pit made by any part of body or limbs to edge of take-off board nearest the pit. Zero end of tape shall be held at break in pit – use a pencil or metal shaft through metal loop of tape to hold secure in the sand while measuring. Tape must be stretched at right angles to take-off board or its extension.
   2. shall supervise practice rounds to ensure only 3 trials are taken.
   3. shall designate take off board to be used for measurement. If the competitor takes off before the board, it is legal but measurement is taken only from the board.
   4. shall credit each competitor with the best of all the competitor's preliminary and final trials. If a qualifying round is necessary, performances made during the qualifying round will *not* be used for final placings, but may count as meet or other records.
   5. shall signal to assistants to prepare or clear the area, and when the area is in order announce the next competitor.
   6. NOTE: THE SOMERSAULT STYLE JUMP IS PROHIBITED.
   7. shall determine the finalists in each event and their order

of competition for the finals. Once determined they shall be confirmed by the field referee.

8. concerning the order of competition in the finals: this is done in reverse order of performance in the preliminaries; i.e., the one with the best throw or longest jump in the preliminaries should be the last to throw or jump.
9. shall send names of those who qualify for finals to the scorer after referee has approved them. Results should be announced and competitors informed as to who has qualified for finals.
10. shall determine how competitors finished after finals are completed, sign event sheets, and send final results to the field referee.
11. shall upon receiving the field referee's signature, send the final results to the scorer.
12. shall see that field judges or assistants collect and return equipment to custodian.

r. Head Field Judge: high jump

1. shall announce the starting height and the subsequent heights to which the bar will be raised at the end of each round.
2. shall approve the type of marks and their placement used by competitors on the apron.
3. shall, if there are enough competitors to warrant it, use flights of no more than 6 to 8. An entire flight will clear or miss the height before the next flight begins its attempts. When the number of jumpers competing becomes smaller, the flights may be combined. A REVOLVING FLIGHT SYSTEM of competing may be used. In this method, the first 4, 5, or 6 competitors may constitute a flight. As a competitor clears the bar, passes a turn at the height, or is eliminated, the next competitor in order will be moved up. This permits the number of competitors active to remain constant and prevents competitors from either having too long a wait or too little rest between jumps as a particular height.
4. Measurement in the high jump shall be made in a perpendicular line from a point on the same level as the take-off to the lowest point on the top side of the crossbar. Measurement of height of cross bar shall be made each time the bar is raised to a new height or replaced after a missed trial.
5. shall record misses at each height in the high jump.

Note: Which direction the jumper leaves the pit following a jump or whether or not the pit falls off before the jumper leaves the pit

is irrelevant. The bar must remain on the standards immediately following the jump to be a successful jump.

6. shall announce misses in this way in the high jump: "First miss, Second miss, Final miss."
7. shall wait until the bar is replaced and make sure that the bar is still and not shaking in the wind.
8. shall run the high jump from start to completion for all competitors entered in the event.
9. shall in the event of a tie, implement the following tie breaking order:
   a. the competitor with the lowest number of trials for the height at which the tie occurs shall be awarded the higher place.
   b. if the tie still remains, the competitor with the lowest total number of misses throughout the competition (up to and including the height last cleared) shall be awarded the higher place.
   c. if the tie still remains, the competitor having the fewest attempts or trials (successful or not) throughout the competition up to and including the height at which the tie occurs shall be awarded the higher place.
   d. if the tie remains after applying (a), (b), and (c):
      1. If it concerns first place, the competitors tying shall have one more attempt for the height at which they failed and, if no decision is reached, the bar shall be lowered or raised by intervals of 1" and each competitor shall try at once at each height until the winner is determined.
      2. If it concerns any place other than first place, the competitors shall be awarded the same place in the competition.
10. No misses should be charged to a competitor for a passed height.

s. Field Judge/Assistants
   1. shall report directly to the head field judge at least 15 minutes prior to the event for instructions.
   2. shall mark the spot where an implement first touches the ground immediately after the trial in the throwing events and shall not retrieve the implement until the throw has been properly marked.
   3. shall see that implements are returned to the throwing area at the proper time.
   4. shall measure distances immediately after each trial.
   5. shall make all measurements of height and distance with

a steel tape graduated in quarter inches and/or centimeters if a record is to be admitted.

6. shall raise the bar when indicated by the heat field judge in the high jump. Replace the bar with the same side always toward the competitor (side may have an identifying mark on it).
7. javelin assistants shall have 2 flags of different colors; red to indicate a foul landing; the other to indicate a fair throw.
8. shall promote safety precautions for spectators, competitors, and other officials by enforcing the following:
   a. the long jump rake is always kept prongs down and away from the pit.
   b. the long jump pit shall be raked between jumps under the direction of the field judge, and not as a competitor approaches.
   c. throwing implements should be handed back to the thrower, and not thrown back in return.
9. shall stand away from the pit so as not to distract competitors.
10. shall collect the equipment at the end of the preliminaries or finals and return it to the custodian of equipment, or other assigned personnel.

VIII. Techniques of Cross Country Officiating

Suggested officials for a cross country meet are the same for both men and women. The number of officials necessary to conduct a meet varies. Dual meets will not require as many officials as larger meets. Following is a list of suggested officials, and their duties.

Meet director	1 doctor
1 referee	3 timers
1 starter	1 surveyor
4 finish judges	4-6 inspectors
1 clerk of course	2-4 chute inspectors
1 marshal	running time caller
1 scorer	Finish place recorder
1 announcer	trainer

1. Meet Director

a. shall be directly responsible for the course itself and for securing the officials necessary for the running of the meet.
b. shall obtain the awards.
c. shall send out the entry blanks and be their recipient when they are returned.
d. shall rule upon all late entries or substitutions.

e. shall procure all equipment necessary for the running of the meet.
f. shall give the surveyor the specifications for the marking of the course.
g. shall obtain the completed results and records of the meet from the scorer.

2. Referee

a. shall confer with other officials prior to the meet to be sure that each has sufficient personnel.
b. shall ensure (in cooperation with the appointed marshal) that only authorized persons are allowed in the immediate area.
c. shall see that all rules are observed and decides any technical points which arise during the meet. If there are no set rules covering a dispute, the track referee shall have the final judgment in the matter.
d. shall have the power to exclude any competitor or official for improper conduct or apparel, and decide immediately any protest or objection about the conduct of a competitor or official.
e. shall inspect, approve, and sign the scorer's records after the meet.

3. Starter

a. shall be responsible for starting the race in such a manner that all participants start equally. (The official responsibilities of the starter commence after the clerk of course has lined up the participants and instructed them to take off their warmup suits.)
b. shall be stationed in the middle and 50 yards in front of the starting line.
c. shall give the first command, a whistle, indicating that all runners must come to the line.
d. shall give the second vocal command, "runners set" accompanied by raising both arms above the head.
e. the starter will fire the gun (when all runners are completely motionless).
f. shall fire a second shot indicating a "false start" (if any runner gains an unfair advantage).

4. Finish Judges (4)

a. shall be stationed at the finish line and decide the finish order of all runners finishing the race.
b. shall place them in the correct order in the chute.

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c. shall determine who reached the finish line first (if an apparent tie occurs).

5. Clerk of the Course

a. shall be responsible for informing the athletes how much time remains before the race begins.
b. shall announce when there are 20, 15, 10, and 5 minutes before the race begins. With 5 minutes remaining, the clerk will call all runners to the starting line and line them up in the correct position.

6. Marshal

shall police the area and make sure that unauthorized persons do not interfere with judges and timers.

7. Scorer

a. shall record the final race results and also determine the team scores and positions.
b. shall compile the final result sheet which will include the position, name of school and time of each runner. In addition, it should include the name of the meet, the location, the date, the distance of the race and weather conditions. Also, if possible, the half mile split times (1/2, 1, 1 1/2, and 2) of the leading runners should be included.
c. shall total the team score which should include the position, the top five runners' finishers, the pushers' (6th and 7th runners) finishers, and the total points for each team. NOTE: In larger invitational meets it can be helpful to use a "quick score" system. Here each team runner receives a place card in the finish chute, with the finish position printed on it. Each coach collects these finish cards, places them in an envelope. The team total for the top five members is written on the outside of the envelope and the envelope is turned into a designated "quick score" scorer.

8. Announcer

shall keep the public informed of the progress of the meet. This may be done through the use of walkie-talkies.

9. Timers (3)

a. The timers shall be responsible for all phases of the race and its results that require accurate timing.
b. The Head Timer shall be responsible for coordinating all the timers and timing the first place runner.

c. The second timer will also time first place with the official time being an average of the two times.
d. A timer shall be stationed along the running course at each half mile mark reading the running time to the runners as they pass.
e. A timer shall be stationed at the finish line who will read the final time of each runner as the runner reaches the line.
f. A recorder will write down the finish time of each runner.

10. Surveyor

clearly marks the course according to the official specifications furnished by the Meet Director.

11. Course Inspectors (4-6)

a. shall be located around the running course and have the responsibility of detecting and reporting in writing all apparent violations of the rules to the referee.
b. the violations are reported first to the chief inspector and then to the referee.

12. Chute Inspectors (2-4)

a. shall supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish.
b. shall see that any runner who crosses the finish line is given the proper order as the contestants go through the chute.
c. shall instruct contestants in the chute to place a hand on the shoulder of the one in front of them, to prevent gaps in the line.

13. Finish Place Recorder

a. shall be stationed at the end of the chute and collect each runner's card.
b. shall write the finish position on each card and after collecting the last runner's card, give all the cards to the head scorer.
c. the cards shall have the name and the school of the runner printed on them before the race. This saves time and simplifies the officials' responsibilities.

14. Athletic Trainer

a. shall provide a first aid training area off the running course near the finish line.
b. shall provide necessary medical supplies and treatment to handle ordinary situations.

c. shall provide both supplies and treatment to visiting teams.
d. shall be available to athletes one hour before the start.
e. shall have immediate transportation and access to a hospital for athletes requiring medical attention.

15. Physician

shall be present in case of serious injuries.

IX. Pentathlon Techniques of Officiating

The following officials are necessary to run an efficient pentathlon meet. All techniques are the same as those followed by NAGWS-ABO officials.

1. Officials:

a. Meet Director – responsible for organizing and running meet.
b. Games Committee – helps meet director in preparation for meet; serves as protest committee.
c. Referee – makes final officiating decisions during meet.
d. Clerk of Course – lines up competitors and gives information prior to races.
e. Starter and Recall Starter – gives information and demonstration of start prior to races, starts races.
f. Head Timer and Timers – 3 per maximum number in any one flight in a running event.
g. Head Inspector and Inspectors – checks equipment and facilities prior to events; watches for violations of rules during running events; reports violations to referee.
h. Head Shot Put Judge and minimum of 3 assistants.
i. Head High Jump Judge and minimum of 2 assistants.
j. Head Long Jump Judge and minimum of 3 assistants.
k. Chief Scorer and assistant (aids and checks scoring).
l. Announcer, assistants at site of events, runner (Between announcer and event).
m. Wind Gauge operator (outdoor).
n. Marshals – spectator control, only athletes should be at site of events.
o. Meet physician and trainers.
p. Hurdle and block setters.
q. Surveyor – surveys facilities prior to meet.

The following comments regarding officiating are also to be expedited.

1. At least ½ hour rest shall be allowed each competitor between consecutive events.
2. In running events and hurdles each competitor shall be timed with three (3) watches. The most frequent or middle time is the

official time. If electronic timing is used, time and score to the nearest 1/100 second.

3. To expedite running the high jump in national competition, it is suggested the bar be raised a minimum of 2 inches (5cm) at a time. The bar should be started at the lowest height requested by an athlete.
4. An athlete disqualified for fouling another competitor in any event shall be permitted to compete in the remaining events, unless the referee shall rule that such a foul was intentional and that mere loss of points is not a sufficient penalty.

QUESTIONS ON TECHNIQUES

Questions concerning officiating techniques in Track and Field should be directed to:

KIT BOESCH
c/o NAGWS/AAHPER
1201 16th St., NW
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